Low Back Stretches

Important: All stretching should be uncomfortable yet pain free

(1) Knees Bent Side to Side Stretch



While lying on your back, bend your knees and keep your feet and knees together. Move the knees side to side as far as you comfortably can. Remember: no pain!
Perform 15-20 times slowly, 1-2 times daily.

(2) Knees Bent/Separated Side to Side Stretch



While lying on your back with the knees bent, separate the feet and position them shoulder width apart. Move the knees side to side, to that uncomfortable point.
Perform 15-20 times, 1-2 times daily.

(3) Knee to Chest Stretch





While lying on your back, keep one leg straight, bend the other knee up and pull it towards your chest as far as possible while remaining pain free. Hold it for 15-30 sec. Repeat with the other leg, then repeat with both legs at the same time.
Perform 1-2 times daily.

(4) Bent Knee to Floor Stretch



While lying on your back, bend one knee. Then with the other leg, put that foot on the outside edge of the bent knee. Slowly force the bent knee to the inside with the foot as far as possible while remaining pain free. Hold it for 15-30 sec. Repeat with the other leg. For added stretch, hold your head up with your hands.
Perform 1-2 times daily.

(5) Hamstring Stretch



This exercise is nothing more than a standing forward bend. While in a standing position, keep your upper back straight to avoid straining other muscles. Bend forward until you feel the stretching of the hamstring (back of the leg) and hold it for 15-30 sec. Stand upright and move around a few steps before repeating.
Perform 1-2 times daily.

(6) Quadriceps Stretch



While standing, support yourself on the back of a chair, counter or doorway. Bend one knee and reach back to grasp that foot or ankle. Pull it toward the hip until you feel the stretch in the front of the leg while remaining pain free. Hold it for 15-30 sec. Repeat with the other leg. For added stretch, keep your back straight and slowly bend forward.
Perform 1-2 times daily.

Upper Body Stretches

Important: All stretching should be uncomfortable yet pain free

(1) Neck



a. Stand up nice and straight, slowly drop your head forward until it becomes uncomfortable, and remain there for 15-30 seconds. Then slowly tip your head backwards to discomfort for 15-30 seconds.



c. Bend your neck to one side (ear to shoulder) to discomfort for 15-30 seconds. Repeat on other side.



d. Turn your head to the left until uncomfortable, then tip your nose down towards your shoulder until uncomfortable and hold for 15-30 seconds.
Repeat on other side.



e. Turn your head to the left until uncomfortable and hold for 15-30 seconds. Repeat on other side.

Perform 1-2 times daily.

(2) Shoulders



a. Standing or sitting, raise your arms out in front of you until they are parallel with the floor then bend your elbows to a 90 degree angle. Tip your hands to the outside making a V- Shape from elbows to hands then move the elbows toward each other until your shoulders and or upper back are uncomfortable and hold for 15-30 seconds.
Perform 1-2 times daily.

b. Standing or sitting, bend your elbows and move them backwards and squeeze them towards each other, as if you were trying to touch them together behind your back, until it is uncomfortable and hold for 15-30 seconds.
Perform 1-2 times daily.

(3) Shoulders

a. This stretch is beneficial for the rotator cuff muscles. While standing, slowly raise one arm in front of you as high as possible while remaining pain free. Now continue the circle around behind you and back to the starting position. 10-12 rotations for each arm. Then repeat this stretch going backwards.
Perform 3 times with each arm daily.