

# Lumbar Flexion Progression



- Begin sitting and bring one knee to chest.
- Progress to laying on back, bring one knee to chest.
- Final progression is lying on back, bringing both knees to chest.
- \_\_\_\_\_ REPS \_\_\_\_\_ SETS \_\_\_\_\_ TIMES/DAY

# Double Knee to Chest Stretch



- Lay on back and bring both knees to chest, placing hands around knees.
- 30 sec hold
- \_\_\_\_\_ SETS \_\_\_\_\_ TIMES/DAY

# Single Knee to Chest Stretch



- Lay on back and bring one knee to chest, placing hands around knee.
- 30 sec hold
- \_\_\_\_\_ SETS
- \_\_\_\_\_ TIMES/DAY

# Single Knee To Opposite Shoulder Stretch



-in a supine position, bring one knee to opposite shoulder and hold with hands

-hold 30 sec

\_\_SETS

\_\_TIMES/DAY

# Sidelying Trunk Rotation



- Lie on your left side with your left leg straight and right hip and knee bent.
- Put your right hand behind your head for support.
- Let your left arm rest straight out in front of you on the floor.
- Slowly rotate back toward the left by bringing your right elbow toward the floor. Take a deep breath in and then gently rotate further.
- The more you bend your right hip toward your chest, the higher up your spine you will feel the stretch.
- Repeat on opposite side.
- Hold 30 sec.
- \_\_\_\_\_SETS\_\_\_\_\_TIMES/DAY

# Lumbar Extension Progression



- Begin with two pillows under hips lying on stomach.
- Progress to one pillow, then no pillows.
- Progress to laying on bent elbows, then prop up onto elbows.
- Final progression is extending arms (ensure hips stay on mat- do not fully extend elbows if hips lift off mat).
- \_\_\_\_\_ REPS
- \_\_\_\_\_ SETS
- \_\_\_\_\_ TIMES/DAY

# Lumbar Extension Progression (Standing)



- You can do this either with or without wall support.
- With wall support, place hands against wall and bring hips towards wall.
- Without wall support, place hands on hip and lean backwards in pain-free range.
- \_\_\_\_\_ REPS
- \_\_\_\_\_ SETS
- \_\_\_\_\_ TIMES/DAY

# Hand-Heel Rock



- Begin with buttocks placed on heels and arms extended
- Rock forward, drop hips and lift head towards ceiling.
- \_\_\_\_\_ REPS \_\_\_\_\_ SETS
- \_\_\_\_\_ TIMES/DAY

# Cat-Dog Stretch



- Start on hands and knees.
- Arch back towards ceiling, looking toward the floor.
- Lift head and arch back, forming a “U”.
- \_\_\_\_\_ SEC HOLD \_\_\_\_\_ REPS
- \_\_\_\_\_ SETS \_\_\_\_\_ TIMES/DAY

# Reach and Roll



- Lay on side with top leg bent and foot hooked over bottom leg.
- Reach forward with top arm as far as possible.
- Place hand on stomach and rotate backwards (stop when hips start to move)
- \_\_\_\_\_ REPS \_\_\_\_\_ SETS \_\_\_\_\_ TIMES/DAY

# Seated Quadratus Lumborum Stretch



- Sit with your back against the wall and your legs in the “butterfly” position with your heels together.
- Lace fingers over the top of the head, leaning to the right side.
- You should feel this stretch on the left side of your trunk.
- Hold 30 seconds.
- \_\_\_\_\_ REPS
- \_\_\_\_\_ SETS
- \_\_\_\_\_ TIMES/DAY

# Sidelying Quadratus Lumborum Stretch



- Lay on side with knees bent to 90 degrees and fingers laced and placed overhead. Place 1-2 pillows under your left side.
- You should feel this stretch on the right side of your trunk.
- Hold 30 seconds.
- \_\_\_\_\_REPS \_\_\_\_\_SETS \_\_\_\_\_TIMES/DAY

# Standing Quadratus Lumborum Stretch



- Stand with feet in a wide stance, with knees slightly bent.
- Stick hips behind you as if you are sitting in a stool and lean to one side with arms overhead and fingers interlaced.
- From this position, now move entire trunk forward until you feel the stretch in the lower back in the opposite side that you are leaning.
- Hold 30 seconds.
- \_\_\_\_\_ REPS \_\_\_\_\_ SETS \_\_\_\_\_ TIMES/DAY