Low Back Flexibility and ROM

Complete __ sets of __ repetitions __ times a day.

*Lie face down, elbows bent, hands beside face. *Push up to elbows, keeping hips on mat.

*Lie face down, elbows bent, hands beside face. *Push up on hands, straighten elbows, keeping hips on mat.

*Keeping knees together rotate knees to side as far as comfortable. *Move back to middle and repeat on opposite side.

*Lie on back, bringing knee up to chest. *Keeping hand under knee. *Alternate leg after each repetition.

*Lie on back, bringing both knees up to chest. *Keeping hands under knees.

*Lie on back holding knee from behind, pulling toward chest as shown. *Gently straighten leg.

*Sit on firm surface with legs straight out in front. *Slowly bend forward at hips, reaching for toes.

*Lie on back, involved knee bent, ankle across opposite leg. *Grasp knee and pull thigh inward while moving to the involved side knee inward.

*Lift involved leg to chest and grasp knee with opposite hand. *Grasp lower calf with other hand, gently pulling across chest and rotating leg inward.


*Stand next to wall, about a foot away, involved leg toward wall. *Cross over the uninvolved leg in front, and lean into wall, as shown.

*Stand on firm surface with one leg out in front. *Slowly lean forward, trying to touch toes.

*Stand with heel propped on low table, knee straight, as shown. *Gently and slowly lean forward at waist.

*Stand on uninvolved leg, using table or chair for balance. *Bend involved knee and grasping with hand, pull gently upward.

*Stand with feet shoulder distance apart. *Place hands on hips as shown, arching backward.

*Stand with arms at side. *Slowly bend head forward, then mid back, continuing to low back, as shown.