



9250 SW Hall Blvd., Tigard, OR 97223
503-293-0161 x4028

Low Back Stretches & Strengthening Exercises

Single Knee to Chest Stretch

With both knees bent, pull one knee toward chest until a comfortable stretch is felt in the lower back and buttocks. Hold. Repeat with opposite knee.



Hold for 15–30 seconds. Relax.
Repeat 3 times on each side.
Do 2 sessions per day.

Double Knee to Chest Stretch

Pull both knees toward chest until a comfortable stretch is felt in lower back.



Hold 15–30 seconds,
then return to starting
position.
Repeat 3 times.
Do 2 sessions per day.

Lower Trunk Rotation Stretch

Keeping shoulder blades flat on floor and feet together, rotate knees to one side until a stretch is felt in trunk.



Hold for 15–30 seconds. Relax.
Repeat 3 times on each side.
Do 2 sessions per day.

Prone on Elbows

While keeping hips on floor, raise up on elbows as high as possible. Hold.



Hold for 15–30 seconds.
Relax. Repeat 3 times.
Do 2 sessions per day.

Knee to Chest Stretch in Quadraped

With leg extended straight back and back flattened, round back and pull knee in toward chest. Hold.



Hold 5 seconds. Relax.
Repeat 15 times.
Do 1 session per day.

Alternate Arm and Leg Extension in Quadraped

While keeping neck and back straight and stable, raise opposite arm and leg as shown.



Hold 15 seconds. Relax.
Repeat 3 times on each side.
Do 1 session per day.