

Stretches for Low Back Pain

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You may want to use these stretches if you have:

- Morning back pain
- Aching along the sacrum, into the glute
- Aching or burning in the upper back of the leg, close to the sit bones

Lower Body Stretches to alleviate pressure on the low back:



Hip Flexors and Quads: The 'Kneeling Lunge' is a stretch for your hip flexors. Keep your upper body straight and upright. You should feel this stretch in the crook of the front of your hip (of the BACK leg).



Hamstrings: The 'leg up' stretch will help the tightness in the hamstrings, which sometimes leads to low back discomfort. The important piece to remember is to bring your shoulders straight forward, NOT DOWN. When you lean toward your knee you are not going to isolate the stretch effectively, because you are bending from your waist.



Glutes/Hips: Our 'standing pigeon'. Bring your leg onto a surface as close to perpendicular to your waist as you can, and bend your standing leg until you feel a stretch through the back and side of your bent leg.



Hints and tips:

- There are sensors in your muscles which contract your muscles when you go into a stretch, in order to avoid you 'stretching to a tear'. It typically takes 45-60 seconds to work with that element of protection in your nervous system, to actually get a thorough stretch into the muscle.
- Fit in stretches throughout your day, every day, particularly if you are sitting through most of the day, either at a computer or in the car.
- Frequently issues with chronic muscle pain in the back come from a chronic strain related to a posture during sleeping or your work day. Sitting shortens most upper leg muscles, which attach to the pelvis and can be directly related to low back pain. Some of the specific postures to avoid are on our website.
- If you find you are too busy to fit any stretches in during the day, the hamstring 'leg up' and the glute stretch can be done quite well on your bathroom sink while brushing your teeth before bed!



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www.FortCollins-Massage.com
See our website for more information on running injuries.