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.
- Lie on involved side.
- Extend involved leg backwards and slowly lower until a gentle stretch is felt in outer side of thigh.
- Gently lift uninvolved side knee up to chest.

- 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.

Courtesy of Vanderbilt Sports Medicine