

Low back exercises

(49) Low Back Extension Stretch on Elbows: 10 reps, 1 set [\(Show Movie\)](#)



Lie on your stomach with elbows at your side.



Press up on your elbows.



Hold the stretch.

(104) Piriformis Stretch in Sitting: 2 reps, 30 sec hold, 1 set [\(Show Movie\)](#)



Bend your knee and place ankle next to straight leg.



Grab the side of your thigh.



Pull knee across body. Sit up straight.

(53) Pelvic Tilt in Supine: 10 reps, 1 set [\(Show Movie\)](#)



Lie on your back with both knees bent.



Flatten your back to floor.



Relax up.

(25) Bridging: 10 reps, 1 set [\(Show Movie\)](#)

Low back exercises



Lie on your back with your knees bent.



Lift your hips so your back is in a straight line.



Lower and repeat.

(23) Arm Raise, Alternate in Quadraped: 10 reps, 1 set [\(Show Movie\)](#)



Start on your hands and knees.



Raise your right arm.



Lower then repeat with your left arm.

(40) Alternate Leg Raise in Quadraped: 10 reps, 1 set [\(Show Movie\)](#)



Start on your hands and knees.



Extend right leg straight back.



Lower right leg then extend left leg.

(21) Alternate, Opposite Arm & Leg Raise in Quadraped: 10 reps, 1 set [\(Show Movie\)](#)



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Start on your hands and knees.

Raise your right arm and left leg.

Lower then repeat with left arm and right leg.

(33) Abdominal curl: 10 reps, 1 set [\(Show Movie\)](#)



Lie on back with knees bent arms at side.



Curl up raising your shoulders off the floor.



Lower and repeat.

Abdominal Hollowing: 10 reps, 5 sec hold, 1 set



Lie flat on back with spine in neutral position.



Begin by drawing navel down toward spine.



Hold at final position.

(26) Bridging with leg extension: 10 reps, 1 set [\(Show Movie\)](#)



Lie on your back with your left knee bent.



Extend your right leg and raise your hips.



Lower and repeat with left leg extended.

(44) Cat-Camel Stretch: 10 reps, 1 set [\(Show Movie\)](#)

Low back exercises



Start on hands and knees.



Arch back up toward ceiling.



Then sag back down toward floor.

(98) Hip flexor stretch: 2 reps, 30 sec hold, 1 set [\(Show Movie\)](#)



Kneel on your involved side.



Stretch your body forward.



Feel stretch in your hip/thigh.

QL side support on elbow with bent knees: 10 reps, 5 sec hold, 1 set



Align shoulders, spine and hips.



Stop when spine is straight and hold.



Stop when spine is straight and hold.

QL side support on elbow with knees straight: 10 reps, 5 sec hold, 1 set



Align shoulders, spine and hips.



Lift pelvis off floor.



Stop when spine is straight and hold.