

# Moliver Chiropractic

## Lower Back Stretches and Exercises

### **INTRODUCTION**

The following exercises are specifically designed to reduce tension in the muscles of the lower back along with restoration of proper posture. The entire routine may be done whenever you feel lower back tension beginning to build.

### **GENERAL GUIDELINES**

- Concentrate on doing each exercise slowly and carefully for the full time indicated.
- Exhale slowly while doing each exercise. Do not hold your breath.
- Repeat each exercise 3 times or as recommended by your chiropractor.
- Each exercise should be taken to the point that is comfortable and beneficial to you. Never overdo it or go beyond the point of pain, as this can lead to injury.
- Following the completion of this routine, gentle massage of the muscles of the lower back coupled with the application of moist heat will help to reduce any remaining tension.

### **INSTRUCTIONS:**

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#### **HIP / KNEE Stretching: Hip Flexor**

Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front hip.

*Hold 15 seconds each side*  
Repeat 3 times, twice daily.



#### **HIP / KNEE Stretching: Piriformis**

Cross left leg over other thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body.

*Hold 15 seconds each side*  
Repeat 3 times, twice daily.



#### **BACK Lumbar Rotation Stretch**

Lie on back with left knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area.

*Hold 15 seconds each side*  
Repeat 3 times, twice daily.



#### **HAMSTRING Knee to Chest**

Gently pull knee to chest until stretch is felt.

*Hold 15 seconds each side*  
Repeat 3 times, twice daily.



#### **HIP OBLIQUE Internal Rotators**

Gently pull foot and knee toward shoulder, rotating at hip.

*Hold 15 seconds each side*  
Repeat 3 times, twice daily.



#### **UPPER LEG Quadriceps**

Holding one foot with same-side hand, raise leg until stretch is felt.

*Hold 15 seconds each side*  
Repeat 3 times, twice daily.

**Seth L. Moliver, DC**

560 Davidson Gateway Drive #201 | Davidson, NC 28036 | Phone 704.896.3435 | Fax 704.896.3424  
drseth@moliverchiro.com | www.moliverchiro.com