



Exercise Program to Prevent Lumbar Pain

SINGLE KNEE TO CHEST STRETCH - SKTC

- While Lying on your back, raise your leg up and hold your thigh under your knee while gently pulling it towards your chest for a gentle stretch. Lower your leg down and repeat.
- Repeat 10 Times
- Hold 5 Seconds
- Complete 2 Sets
- Perform 1 Times a Day



PRONE ON ELBOWS - POE

- Lying face down, slowly press up and prop yourself up on your elbows. Hold lower back down. Perform every morning and log how you felt afterword
- Repeat 5 Time
- Hold 30 Second
- Complete 1 Set
- Perform 1 Times a Day



PIRIFORMIS STRETCH MODIFIED 3

- While lying on your back and leg crossed on top of your opposite knee, hold your knee with your opposite hand and bring your knee up and over across your midline towards your opposite shoulder for a stretch felt in the buttock.
- Repeat 10 Time
- Hold 5 Second
- Complete 2 Set
- Perform 1 Times a Day



LOWER TRUNK ROTATIONS - LTR - WIG WAGS - KNEE ROCKS

- Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion.
- Repeat 10 Times
- Hold 5 Seconds
- Complete 2 Sets
- Perform 1 Times a Day



ABDOMINAL BRACING - TA ACTIVATION

- While lying on your back, press your low back into the floor as you tighten your stomach muscles moving your navel down towards the floor. Place your thumbs 2 inches inward from your pelvic bone so that you can feel the muscle contracting.
- Repeat 10 Times
- Hold 5 Seconds
- Complete 2 Sets
- Perform 1 Times a Day



ABDOMINAL BRACING - TA ACTIVATION

- While lying on your back, press your low back into the floor as you tighten your stomach muscles moving your navel down towards the floor. Place your thumbs 2 inches inward from your pelvic bone so that you can feel the muscle contracting.
- Repeat 3 Times
- Hold 10 Seconds
- Complete 2 Sets
- Perform 1 Times a Day



SEATED LOW BACK STRETCH - TRUNK FLEXION STRETCH

- While sitting in a chair, begin by slowly bending forward and reaching your hands towards the floor. Bend your trunk and head forward and down. Hold, then return to starting position and repeat.
- Repeat 5 Times
- Hold 8 Seconds
- Complete 2 Sets
- Perform 1 Times a Day



LOWER BACK/HAMSTRING STRETCH - STANDING - SUPPORTED

- Start by standing with your feet together and your hands on the back of a chair or counter top for support. Next, lean forward for a gentle stretch to your low back/hamstrings. Return up to starting position and repeat.
- Repeat 5 Times
- Hold 1 Seconds
- Complete 1 Sets
- Perform 1 Times a Day



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