

Lower Back Pain Mobility Exercises

Bending Forward in Standing



Description

- From the standing position reach down and touch your toes
- Raise the torso upright

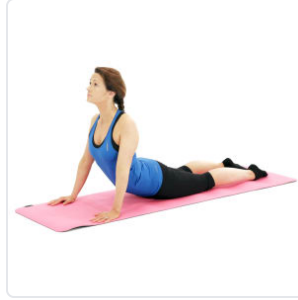
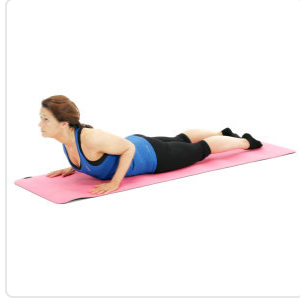
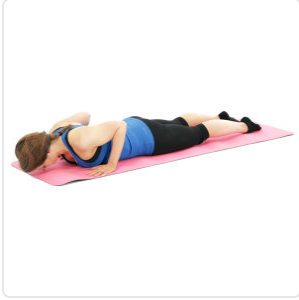
Side Bends in Standing



Description

- Stand with your arms relaxed by your side
- Bend to one side, sliding your hand down the side of your leg, as far as you can
- Straighten up, then repeat this movement to your other side
- Complete the movements for the number of repetitions prescribed

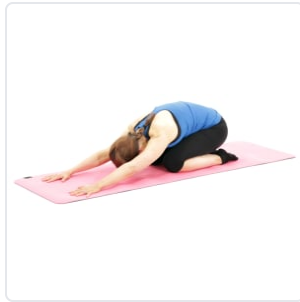
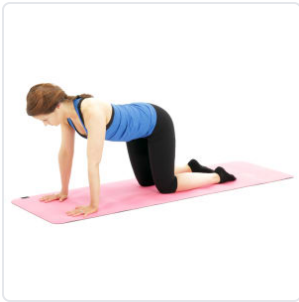
Prone Cobra



Description

- Lie face down, placing the hand on the floor beside your shoulders
- Push the torso forward & up off the floor
- Lower the torso to the floor

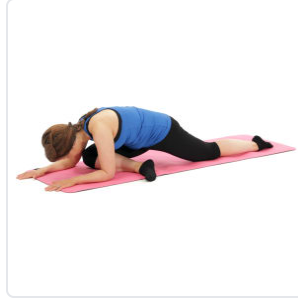
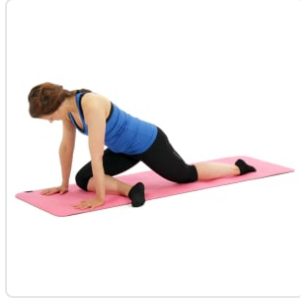
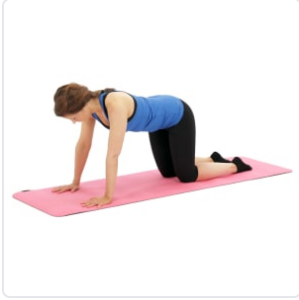
Childs Pose



Description

- Rest on hands & knees
- Push the hips back towards the feet
- Raise the hips up to the start position

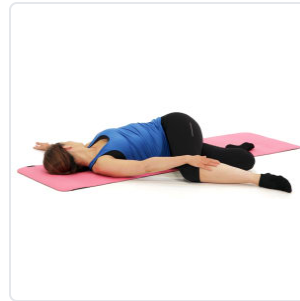
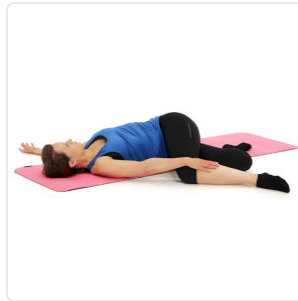
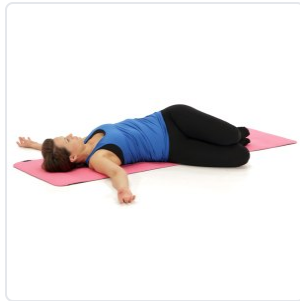
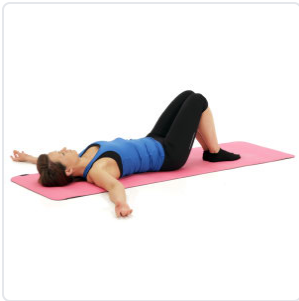
Pigeon Stretch



Description

- Raise one knee forward in 4 point kneeling
- Rotate the lower leg across the body to rest on the floor
- Sink the other leg backwards to lower the body to the floor

Lumbar Rotation Stretch



Description

- Lie on your back with hips and knees bent to 45 degrees
- Rotate both legs to the right and let the top leg reach up and over the bottom leg
- Use the opposite hand to gently encourage the top leg towards the floor to increase the stretch