



595 SW Bluff Drive, Suite A

Bend, Oregon 97702

Phone: (541) 647-2797

LOW BACK STRETCHING ROUTINE



STEP ONE

- on back
- bring both knees to chest and hold with arms
- breathe and relax

Hold for 20-30 seconds



STEP TWO:

- release right leg, keeping left knee to chest
- breathe and relax

*Hold for 20-30 seconds.
Repeat with right leg*

STEP THREE:

- using right hand, pull left leg towards right side of body

*Hold for 20-30 seconds.
Repeat with right leg*



STEP FOUR:

- cross right leg so that right ankle rests on left thigh
- grasp below left knee or behind left thigh with both hands
- slowly bring left knee towards your chest

Hold for 20-30 seconds. Repeat with right leg

