
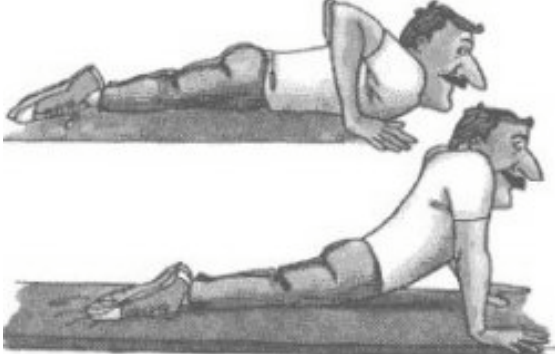




## Lower Back Exercises.

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Your chiropractor may recommend the exercises below, to stretch the back and leg muscles that have become contracted and weakened. Strengthening the hip and stomach muscles that support the spine is also important. Relax and breathe deeply while you exercise; it doesn't have to be work. As your muscles stretch and strengthen, you will discover that these exercises become increasingly pleasant and soothing.

Discontinue any exercise that causes pain or discomfort, and check with your Doctor of chiropractic.

	
<p><b><u>Back Stretch:</u></b> Hold 4 seconds; do 8-10 times. Bring your knees to your chest, keeping your neck and hips relaxed. Hold. Then rock forward and backward to include the buttocks and neck in the stretch.</p>	<p><b><u>Back Extension:</u></b> Hold 4 seconds; do 8-10 times. Lie as shown. Slowly push your upper body off the floor by straightening the arms. Breathe deeply and relax your pelvis so it drops down into the stretch.</p>
	
<p><b><u>Lower back stretch:</u></b> Hold 4 seconds; do 8-10 times. Lie flat, with your hands at your sides, knees slightly bent and feet flat on the floor. Roll knees to side and back to center. Reverse to the other side, keeping your back flat.</p>	<p><b><u>Side stretch:</u></b> Hold 4 seconds; do 8-10 times. Stand with feet apart. Holding a towel overhead, stretch your arms up and to the side. Keep your hips still and facing the front during the stretch. Switch sides.</p>



**Groin stretch:**

Hold 4 seconds, do 8-10 times.  
Kneel with one foot in front of you. Slowly shift your weight forward onto your front foot. You may want to steady yourself with one hand on the floor. Switch legs.



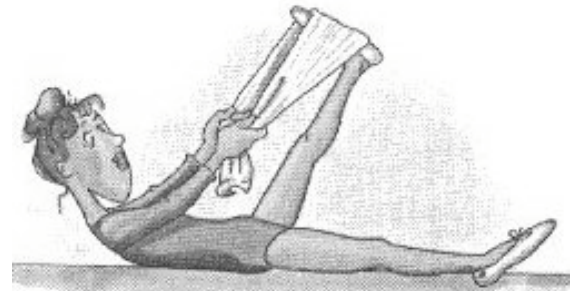
**Groin stretch:**

Hold 4 seconds; do 8-10 times.  
Sit with legs together with lower back and stomach lifting upward. Relax your hips and rotate them outward, gently pushing your knees to the floor.



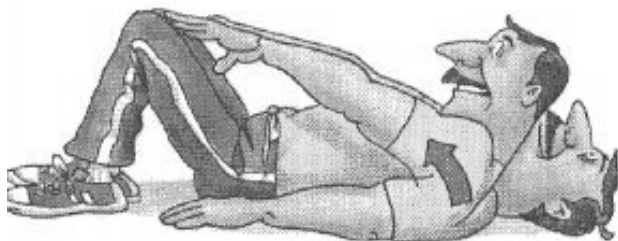
**Quadriceps stretch:**

Hold 4 seconds; do 8-10 times.  
Stand next to a wall for stability. Grasp your foot behind you with the opposite hand. Lift to stretch quadriceps. Switch legs.



**Hamstring stretch:**

Hold 4 seconds; do 8-10 times.  
Lie on floor and loop a towel around one foot, keeping your lower back straight. Raise the leg off the floor and stretch the hamstring. Switch legs.



**Abdominal firming:**

Hold 4 seconds; do 8-10 times.  
Lie with your knees bent. Tuck your chin to your chest and roll up slowly until your hands touch your knees. Slowly uncurl.



**Calf stretch:**

Hold 4 seconds; do 8-10 times.  
Stand an arm's length away from a wall. Rock forward, bending the front knee while keeping the back knee straight. Switch legs.