

# Lumbar Stretches

1



## SINGLE KNEE TO CHEST STRETCH - SKTC

Lie on your back and bend both knees with feet flat on the floor. Slowly lift one knee and gently pull it up towards your chest. Only lift the leg until you feel a gentle stretch, you should not feel pain.

Repeat 3 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

5



## Supine piriformis stretch

Lie down on your back and cross your right foot over your left knee. Reach under or over the left knee and pull the left leg toward your body until you feel a stretch in the right hip. Repeat on the other side.

Repeat 3 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

2



## DOUBLE KNEE TO CHEST STRETCH - DKTC

Begin laying on your back, with your knees bent and feet flat on the ground. Place your hands either on top of or under your knees and gently pull them up towards your chest until you feel a gentle stretch but no pain.

Repeat 3 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

6



## Lumbar flexion with ball 1

Sit on a solid surface. Place both hands on top of the ball and slowly roll forward until you feel a stretch.

Repeat 5 Times  
Hold 5 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

3



## Lumbar Rotations

Lying on your back with your knees bent, and feet flat on the floor, slowly drop your legs to one side until you feel a gentle stretch and hold. Small motions are ok. Come back to the middle and switch sides. You should feel the stretch in your back on the opposite side that your legs are leaning.

Repeat 3 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

7



## Lumbar flexion and sidebend with ball

Sit on a solid surface. Place both hands on top of the ball and slowly roll to the right until you feel a stretch on the left. Come back up to center. Repeat on opposite side.

Repeat 5 Times  
Hold 5 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

4



## PIRIFORMIS AND HIP STRETCH - SEATED

While sitting in a chair, cross your affected leg on top of the other as shown.

Next, gently lean forward until a stretch is felt along the crossed leg/hip/buttock.

Repeat on the opposite side.

Repeat 3 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day