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# Lumbar Stretching Guide for Lower Back Pain Relief

## Simple daily stretches to help you feel better and move easier

### 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.

- Perform: 3 Repetitions
- Hold: 15 Seconds
- Complete: 1 Set
- Frequency: 2 X / Day

### DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.

- Perform: 3 Repetitions
- Hold: 5 Seconds
- Complete: 1 Set
- Frequency: 2 X / 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.

- Perform: 3 Repetitions
- Hold: 15 Seconds
- Complete: 1 Set
- Frequency: 2 X / Day

### PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

- Perform: 10 Repetitions
- Hold: 5 Seconds
- Complete: 1 Set
- Frequency: 2 X / Day