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Spine and Pain | A Clearway Company

Lumbar Stretching Guide for Lower Back Pain Relief

Simple daily stretches to help you feel better and move easier

CAT CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction.

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

CHILD POSE - PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

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

FOAM ROLL - TRUNK EXTENSION

Start by lying on your back with a foam roll under your back. Next place your hands behind your neck or across your chest.

Then slowly extend your spine over the roll.

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

PRONE ON ELBOWS - POE

Lying face down, slowly press up and prop yourself up on your elbows. Hold, lower back down and repeat.

- Perform: 5 Repetitions
- Hold: 30 Seconds
- Complete: 1 Set
- Frequency: 2 X / Day