

Back Stretching Home Exercise Program

All stretches should be completed as 3 sets of 30 seconds, unless otherwise instructed. Back stretching should be completed 2-3 times per day. These stretches should be performed following a good warm-up.

Child's Pose

Sit with your knees bent and your bottom resting on your heels. Slowly allow your chest and arms to reach down and forward and your back to elongate. If able, place your palms flat on the floor and continue to reach forward until a stretch is felt along your back.



Cat Cows

Start on all fours with your knees bent and about shoulder width apart. Slowly arch your back upwards while squeezing your abs. Hold momentarily at the highest point. Then slowly relax and allow your back to arch. Hold momentarily at the lowest point, then return to the starting tabletop position.



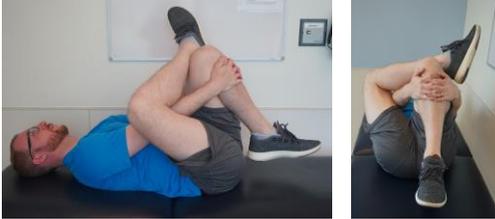
Lateral Leans

Start in a standing position with feet shoulder width apart and hands down by your sides. Slowly lean to one side and slide your hand down your side until a stretch is felt along the opposite side and back of the body. The opposite arm should be bent at the elbow with the hand behind the head. Hold momentarily and then return to starting position.



Piriformis Stretch

While lying on your back, cross one leg over the other so that your ankle is resting on the other knee. Grab both hands in front that knee and pull it up towards your chest. Perform this until a stretch is felt across your bottom and into your back.



Knee to Chest

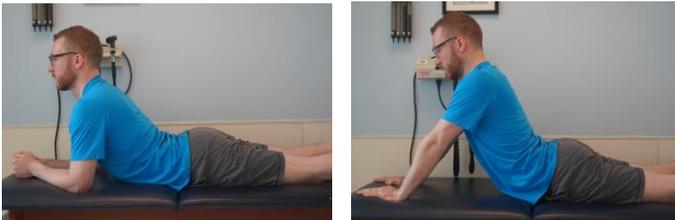
Start lying on your back and bring one knee bent up to your chest. Grip around your knee and pull closer to your chest. Allow the other leg to hang wherever comfortable, then switch legs.



Press-Ups

Elbow – Start lying on your stomach. Prop yourself up on your elbows and raise your chest forward, allowing your back to hang down towards your navel.

Straight Arm – Start lying on your stomach. Prop yourself up with your elbows fully straight and raise your chest forward, allowing your back to hang down towards your navel.



Trunk Flexion

Start standing with feet shoulder width apart. Allow the trunk of the body to slowly roll and slump forward with the hands reaching down towards the floor. Hold the position when a stretch is felt along the back of the legs and the back.



Trunk Rotations

Start lying on your back. Raise one leg straight up in the air and allow it to fall across the opposite side of the body. Pressure can be applied to the leg with the hand for an extra stretch. Hold the position when a stretch is felt along the side of the leg and back, then switch legs.

