

Quick Stretch – Lower Back

Total Time to Complete: Approximately 6 minutes.

These stretches should provide mild relief of low back muscle tension, stiffness and mild pain. Chronically tight back muscles can lead to weakness in these postural paraspinal muscles which support your head, neck and low back. Do these stretches twice a day, or whenever you begin to feel stiff. Breathe, relax and gently hold each stretch as you exhale. The stretch should feel good, some mild discomfort may be felt initially, but should subside after a few seconds. Do not over stretch into pain. If you have moderate or severe pain when stretching or sitting at your desk, see your provider. **HOME CARE:** For Pain Control, apply an ice pack to the area 15 minutes & repeat twice per hour. If your muscles feel tight and stiff then you can alternate with ice then heat, then ice then heat throughout the day. NO DRY Heat/ DRY Heating Pad. Hot shower, hot tubs or you can wet a wash cloth and microwave it for a moist hot pack. Also do gentle stretching throughout the day as directed.

