Milton
CHIROPRACTIC
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The Best Low Back Stretches

Many exercises for lower back pain purely and solely focused on just the lower back, here we demonstrate exercises which will loosen up the whole back, not just the lower area. Focusing on the lower back, and the area just above your buttocks area, this will help to relieve your pain much more efficiently.

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1 - Brettzel Stretch 1.0

1 - Lay on the floor on your side.

2 - Bend top leg to 100-degrees.

3 - Hold top leg with bottom hand, cupping it from the underneath.

4 - Pull bottom leg back as far as you comfortably can.

5 - Bend the bottom leg at the knee and hold ankle with top hand, palm facing up.

6 - Roll your shoulder back and BREATHE into the stretch.

7 - Push your upper leg down WITHOUT moving it.

8 - Then try to straighten your knee WITHOUT moving it.

9 - Hold for 5 seconds and breathe out.

2 - Brettzel Stretch 2.0

1 - Place your leg perpendicular to the room in front of you.

2 - Your top leg is now straight behind, with 90-degree angle in my knee.

3 - Place your hands about 30 cm / 1ft in front of you.

4 - Move your right shoulder forward, twisting slightly to your left.

5 - Breathe in through the stretch.

6 - Hold for 10 seconds.

2 - Brettzel Stretch 2.0 *continued*

1 - Lay the back of your hand's flat on the floor.

2 - Keep the left elbow straight.

3 - Lean towards the right, keeping elbow straight.

4 - Roll the left shoulder back.

5 - Hold for 10 seconds.

6 - BREATHE into the stretch.

3 - Advanced Brettzel Stretch 2.0

1 - BREATHE out and turn your left shoulder forward.

2 - Keep your elbow straight.

3 - Place your left hand underneath your right palm.

4 - Keep elbow straight and lean towards the side.

5 - Feel that stretch in your lower back and hips.

To make this even more intense, in this position, you straighten your leg and repeat the above process.

4a - Prone Prop Exercise

Get some movement into your lower back first, walk or do a few little simple stretching exercises before you begin.

Lay face down, make sure that your pelvis is firmly tucked into the floor, now support yourself on your elbows.

You do this for about 30 seconds, once you can do this easily then move on to the next stage.

4b - Prone Press Up Exercise

Move on to the next stage of the exercise. Place your hands underneath your shoulders.

Keep your pelvis firmly tucked on the floor, push yourself all the way up until your elbows are nice and straight.

Hold for 30 seconds, repeat 5 to 10 times.

If you feel any leg pain, you need to reduce the intensity a little bit.

4c - Pumping Prone Press Up

And then what you can do is...

Progress to a pumping action, this promotes mobility in the lower back.

If this goes well, go all the way up and down.

x 10 repetitions 3 times.

Up to 3 times per day.

5 - Corkscrew Exercise

1 - Lay on your back, spanning out your arms.

2 - Raise your left leg up, 90-degree angle to your hip, 90-degree angle to your knees.

3 - Drop your left leg towards the right side.

4 - With your right hand, grab your right knee, gently pushing it down.

5 - Your left hand stays firmly touching the ground keeping the shoulders back.

6 - Bend your knee or your hip a little bit further to 100 degrees.

7 - Hold this now for about 10 seconds.

Repeat x 5.

Remember to breathe into the stretch when you're pushing your leg down, breathe out, about 10 seconds, come back again and repeat the same thing. Breathing out is extremely important.

Scan to watch the video

Link to video:
https://youtu.be/DVoUP-NXp7A

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