



Fix One Sided Back Pain

Here are some easy and effective stretches that will give immediate relief for back pain. These exercises will help to get you moving normally, and are safe to perform. They are easy to learn and can be done virtually anywhere. For the most benefit, make sure that you combine these exercises with regular walks and reduce the amount of time sitting down.

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All demonstrations are for right sided pain, perform on opposite side if affected on the left.

Set 1 - Quadratus lumborum Stretch



- 1 - Sitting on a solid flat surface, bend your left knee.
- 2 - Place your foot almost in your groin on the left side.
- 3 - Straighten your right leg.
- 4 - This will give you a 45-degree angle.
- 5 - Using your right hand, place your upper arm, almost touching your left ear.
- 6 - Tilt your upper body towards the left.
- 7 - Support yourself with your left hand.
- 8 - You should feel the stretch in your flank on the side.
- 9 - Hold for 30 seconds.
- 10 - Repeat x 3.

If you don't feel the stretch...

- 1 - Do the same thing as above, adding a rotation of your body.
- 2 - Again, tilt to your left and rotate.
- 3 - Turn your body a little bit more forward, to feel the stretch.
- 4 - Make sure to straighten out your upper arms, as far as you can.
- 5 - You should feel the stretch in your flank on the side.
- 6 - Hold for 30 seconds.
- 7 - Repeat x 3.



Set 1 - Quadratus lumborum Stretch *continued*



Still not feeling the stretch? Let's try cutting mobility to the hips to increase the stretch on the muscle!

- 1 - Sit with your right leg at the front, a 90-degree angle at your knee.
- 2 - Same again on your left leg, only positioned behind you this time.
- 3 - Check both knees are at a 90 degree angle.
- 4 - Using your right hand, lean over and straighten out that hand.
- 5 - Pelvis and body as straight as you possibly can.
- 6 - Now rotate and twist.
- 7 - Turn to your left side as much as you can.
- 8 - You should feel the stretch in your flank on the side.
- 9 - Hold for 30 seconds.
- 10 - Repeat x 3.



Last one is an easy one to do but quite intense for the muscle!



- 1 - Using a side plank position, supporting yourself with your arm.
- 2 - Straighten both your legs.
- 3 - Keep your body straight, do not turn or twist your body.
- 4 - Push yourself up, pushing your hips into the floor.
- 5 - Hold for 30 seconds.
- 6 - Repeat x 3.



Set 2 - Quadratus lumborum Stretch



- 1 - On a flat solid surface, lay on your back.
- 2 - Fixate your pelvis, make sure the pelvis is being pulled down.
- 3 - Place your right leg across the middle, towards the left side.
- 4 - Fixate this leg by placing your left leg on top, on the outside of the knee.
- 5 - Hold this leg position.
- 6 - Grab your right wrist, pull your whole body towards the left, as far as you can.
- 7 - Keep your right leg fixated with your left foot.
- 8 - Hold for 30 seconds.
- 9 - Repeat x 3.
- 10 - Once or twice a day.



Set 2 - Quadratus lumborum Stretch *continued*



- 1 - Stand a little away from the wall, approx. 5 inches.
- 2 - Lean against the wall with your right hip.
- 3 - Place your right foot on the outside of your left foot.
- 4 - Keep your right knee straight.
- 5 - Place your right hand over your head.
- 6 - Turn away from the wall, don't twist!
- 7 - Turn away from the side.
- 8 - You should feel the stretch in your flank on the side.
- 9 - Hold for 30 seconds.
- 10 - Repeat x 3
- 11 - Repeat throughout the day.



- 1 - On a flat solid surface, lay on your back.
- 2 - Put both your feet on the wall.
- 3 - Place a tennis ball under your flanks.
- 4 - Using your feet on the wall, regulate the pressure you apply.
- 5 - Lift yourself up a little bit.
- 6 - Find a tender spot, place the tennis ball under the tender spot.
- 7 - Rotate your pelvis.
- 8 - Self-massage, you can go up and down, in and out.
- 9 - If this not intense enough for you, drop your pelvis a little bit.
- 10 - Rotate and roll your body over the tennis ball and under the flank.
- 11 - Move the ball to other tender spots and repeat the process.
- 12 - Hold for 30 seconds.
- 13 - Once or twice a day.



Scan to watch
the video



Link to video:

<https://youtu.be/IS2j5fdPlfc>

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