



Protocol: Low Back Stretches

L1 Single Knee to Chest Stretch

With both knees bent, pull one knee toward chest until a comfortable stretch is felt in the lower back and buttocks. Hold. Repeat with opposite knee.

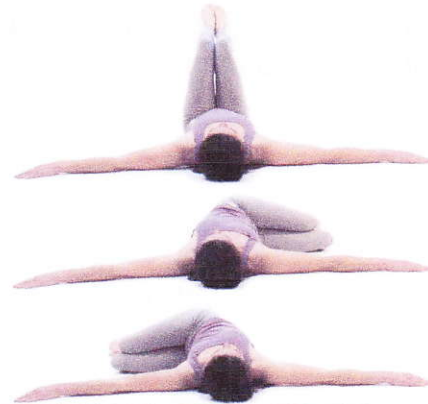
Hold __ seconds. Relax.
Repeat __ time(s) on each side.
Do __ sessions per day.



L17 Lumbar Rotation Against Gravity

With knees positioned in toward chest, rotate legs from side to side keeping knees together and shoulder blades flat on floor.

Repeat __ time(s) in each direction.
Do __ session(s) per day.



HK4 Piriformis Stretch (1)

Cross leg to be stretched over thigh and place elbow over outside of knee. Gently stretch hip muscles by pushing bent knee across body with elbow.

Hold __ seconds.
Repeat __ time(s).
Do __ session(s) per day.



HK9 Groin Stretch

With feet together, pull inward until a stretch is felt in groin and inner leg area.

Hold __ seconds.
Repeat __ time(s).
Do __ session(s) per day.





Protocol: Low Back Stretches

HK14 Quadriceps Stretch in Standing

Grasp top of ankle and pull heel toward buttock until a stretch is felt in front of thigh. Try not to bend forward.

Hold __ seconds. Relax.
Repeat __ time(s).
Do __ session(s) per day.



HK26 Supine Hamstring Stretch

Lie on back and support leg with hands as shown, then gently straighten knee until a stretch is felt in back of thigh.

Hold __ seconds. Relax.
Repeat __ time(s).
Do __ session(s) per day.



HK29 Standing Hamstring Stretch

With foot resting on stool as shown, slowly lean forward reaching toward toes until a stretch is felt in back of thigh.

Hold __ seconds. Relax.
Repeat __ time(s).
Do __ session(s) per day.



GS1 Cat / Cow Stretch

Tuck chin and tighten stomach as you arch your back. Hold. Then relax and allow mid-back to sag.

Hold __ seconds. Relax.
Repeat __ time(s).
Do __ session(s) per day.

