

Lower Back & Legs

Stretching Therapeutic Exercises

GENERAL INSTRUCTIONS: Do only the exercises taught to you by your therapist. Exercise 2-3 times daily, 10 of each exercise.

Psoas: Lay flat. Hold onto your knee/thigh. Hang the opposite leg off the bed or bench. Do not allow your back to arch. Hold 5 seconds. Repeat on the other side.



Hamstrings: Lay flat on your back and hold your leg in the back of your thigh. Pull the leg toward your chest until you feel a stretch. Hold 5 seconds.



Quadriceps: Lay on your side. Bend your knee to bring your heel up toward your buttocks. Reach back and grab your foot or ankle. Pull your leg behind you. Repeat.



Soleus: Face a wall, about two paces away. Place your hands against the wall. Step forward with your right leg, keeping both heels flat on the floor. Lean your hips toward the wall while keeping your left leg straight to stretch your calf. Repeat on the other side.



Erector Spinae: Sit down. Bend forward and reach down to grasp your calves with both hands. Pull your body toward the floor. Hold. Relax.



Erector Spine: Cat & Cow Stretch. Get on your hands and knees. Put your hands under your shoulders and knees under your hips. Let your head hang down. Pull your stomach in and arch your back up. Hold and release.



EXERCISE GUIDELINES: Exhale on exertion. Hold position for 30 seconds and then relax. Pulling sensations may occur while exercising. Stop exercising if you experience pain, nausea or dizziness.