



5 STRETCHES TO RELIEVE LOW BACK PAIN

Vizuri

HEALTH CENTER

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Cat-Cow Stretch



Begin on hands and knees; knees directly under your hips and your hands directly under your shoulders. Inhale, arching the back, dropping your belly down, increasing the curve in your low back, tilt your head backwards. This is called the cow position.

Then reverse that. Exhale, rounding your back, tucking your pelvis, expanding your shoulder blades and keeping your head down bringing chin to your chest. This is what is known as the cat portion. You're stretching up like a cat.

Oscillate back and forth between the cat stretch and the cow. Repeat 10-15 times, nice and slowly; if you feel discomfort, stop and move to the other direction.

Seated Rotation



Sitting Tall, feet on the floor. Cross one foot over the opposite knee. Alternatively, you can sit cross-legged on the floor. Hug bent knee toward your chest while rotating your upper body in the direction of the bent knee. Maintain a tall posture as you rotate to feel a stretch in the side of the hip and low back.

Side Stretch



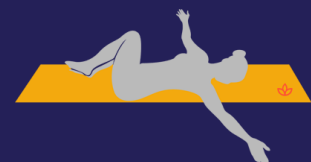
Stand with feet more than shoulder width apart. Place one hand on your hip and reach the other arm over your head to the side. Hold for 5 sec. Gently come back to a neutral position. Repeat to the other side.

Cobra



Lay on stomach with palms flat on the floor positioned near your shoulders. Keep legs shoulder width apart. Pushing down with your hands, lift your chest as you exhale. Be sure to keep hips and tops of your feet on the floor. This should give a nice gentle abdominal stretch. Slowly lower your chest to the floor. Repeat slowly for 1 minute.

Spinal Twist



Start in a neutral position: lay on your back with knees bent and arms extended to the side. Gently, let your knees drop toward the side while looking at the opposite arm. Hold the stretch 10 seconds. Come back to a neutral position and repeat on other side.