

## ***Downtown Chiropractic***

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### **Low Back and Lower Extremity Stretches**

#### **Knee to Chest**

Start by laying on your back on a firm surface. With your hands behind one knee, pull knee to chest until a comfortable stretch is felt. Keep your back relaxed during the stretch. Hold the stretch for 20 seconds, and then repeat on the other side. Perform this stretch two times in the morning and two times at night.



#### **Piriformis Stretch**

Start by laying on your back on a firm surface. Cross one ankle over the other knee. Gently pull your knee across your body and towards your shoulder until you feel a gentle stretch in the buttocks. Hold the stretch for 20 seconds, and then push your knee away from you until you feel a gentle stretch in the front of your hip. Then repeat on the other side. Perform this stretch two times in the morning and two times at night. The picture to the right is not quite correct, but is the closest I could find.



#### **Hamstring Stretch**

Start by laying on your back on a firm surface. With both of your hands behind one knee, slowly try to straighten out your leg until you feel a gentle stretch in the back of your thigh. Hold the stretch for 20 seconds, and then repeat on the other side. Perform this stretch two times in the morning and two times at night.



#### **Lower Trunk Rotation**

Start by laying on your back on a firm surface with your knee bent and feet flat on the floor. Slowly lower your knees to one side until you feel a gentle stretch in your low back. Hold the stretch for 20 seconds, and then repeat on the other side. Perform this stretch two times in the morning and two times at night.