

Stretching and flexibility exercises for lower back pain

These exercises are helpful for general movement of your lower back. This can help with short term pain relief. For best results, they should be practiced daily, and you should not push into movements that increase your pain



Pelvic tilt

Sitting on a chair rock the pelvis rock your pelvis away from you so your lower back arches, and then gentle contraction of the spinal muscles towards you so that your lower back flattens. Move within ranges that feel comfortable for you

Aim to repeat 10-15 times



Knee rolling

Lie on a bed or on the floor. Slowly roll your knees from side to side to stretch the lower back. Try to avoid holding your breath.

Aim to repeat 10-15 times

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Bridging

Lie on your back with your feet shoulder width apart. Push the curve of your lower back in to the bed and squeeze your gluteal (bottom) muscles. Push your hips up towards the ceiling and then slowly lower back down, starting from the upper back first.

Aim to repeat 10-15 times



Rest pose

Starting on all fours, draw your stomach into the spine to curve the back, upwards then sit back onto the heels while reaching the arms forward. You can increase the stretch by resting the forward on the floor.

Aim to hold the stretch for 30-60 seconds