

Three best stretches for LOW-BACK

LOW back pain or injury can be debilitating for an individual as it is a central part of the body. Low back pain has various causes and severities. There are many structures of the body that can be affected when talking about low back pain. For instance, disc conditions (herniated disc, bulge disc, or disc fracture), soft tissue strain (quadratus lumborum muscle, erector spinae muscle group and glutes) and ligamentous sprain (sacroiliac ligament/joint irritation, facet joint sprain) to name a few.

As an athletic therapist, I have assessed and treated low back pain many times. Often, I see patients with what doctors call mechanical low back pain which is considered a chronic strain of the muscles of the low back. The treatments involve a combination of passive treatments, core conditioning and stretches. The individuals affected are mostly people who have jobs that require repetitive bending and twisting, trauma, postural (ex. pregnant women) or sedentary (sitting all day in front of a computer). If you are suffering with low back pain, this is how I can help you relieve some of the discomfort.

These stretches for the low back can help mostly with soft tissue injury. Please consult your doctor first before performing these exercises especially if you have a serious back injury (ex. disc injury).

These stretches focus on spine and low back muscle flexibility. It will help alleviate pain and muscular tightness. By loosening the muscles around the spine it will reduce the pressure around the nerves that has been causing you some pain or tingling down the leg.

Third stretch:

figure 4 stretch focuses on glutes and low back muscle tightness. Definitely a great stretch for people who are sitting and standing all day at work. Hold the stretch for 20 seconds repeat 3 times on each leg.

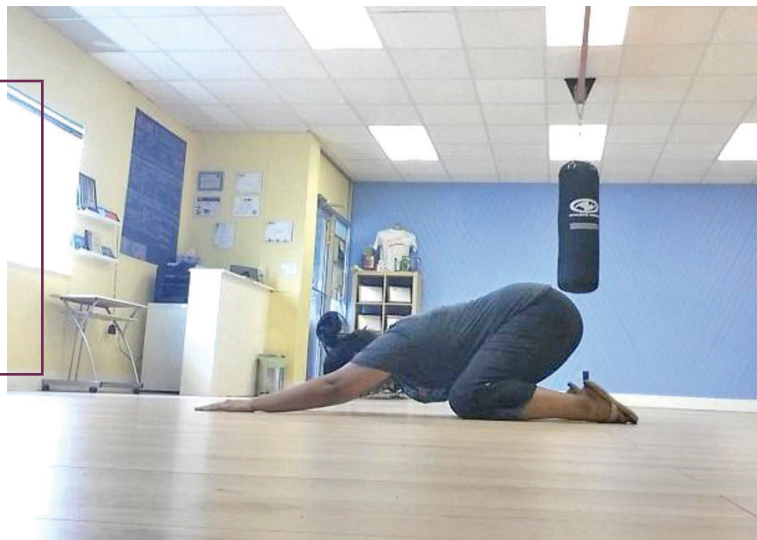


First stretch: spine extension.

This helps the spine extend and also stretches the abdominal muscles. This stretch is particularly good for anyone who spends most of the day bending forward. (Not recommended for pregnant women) Hold the stretch for 20 seconds for 3 repetitions.

Second stretch:

child pose stretch focuses on the lat muscles and low back/hip tightness. This stretch is great for anyone sitting at work. Hold the stretch for 20 seconds for 3 repetitions.



These simple stretches can help you function better everyday. Perform these stretches every other day once a day for starters. Then, progress to performing them daily, more than once a day if you wish. If you have a training program that you are currently working on, these three stretches can be a great addition.

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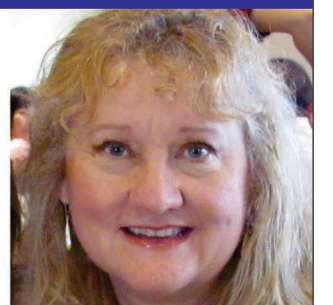
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