

# EXERCISES FOR LOW BACK PAIN

## Help Your Clients Get Relief

### 1 FOAM ROLLING

- Hamstrings
- Hips
- Deep glutes (piriformis)
- Calves
- **DO NOT** roll the lower back

### 2 STRETCHES

- Hamstring stretches
- Kneeling hip flexor stretch
- Chest raises to stretch lower back
- Child's pose

### 3 STRENGTH BIRD DOG

- Get down on hands and knees with back straight
- Lift right arm and left leg and stretch forward and back
- Repeat with left arm and right leg

### 4 STRENGTH PLANK

- Press hands and forearms into the floor
- Lift the body up on the toes
- Remain stationary with a straight line from head down to toes

### 5 STRENGTH COBRA

- Lie on stomach on the floor
- Place hands directly under shoulders
- Flex toes downward
- Gently lift the chest up and hold before slowly lowering down

### 6 STRENGTH HIP BRIDGES

- Lie on back on the floor
- Bend knees with both feet flat on floor
- Lift hips up and squeeze glutes