PATIENT HOME-CARE GUIDE

Lower Back Stretches

HOW TO USE Complete twice daily - 30 minutes after waking up and last thing before bed. Use a mat or other supportive surface such as the bed. Move slowly and breathe normally.

BENEFITS Improves spinal flexibility, increases nutrient supply to spine, and improves spinal stabilization. This can help the back recover quicker.

1 SINGLE KNEE TO CHEST

Hold 5 seconds | 10 each side

- Lie on your back with both shoulders relaxed.
- Keep one leg straight. Hold the opposite leg just below the knee and gently draw it toward your chest.
- Return slowly, then change sides.



2 DOUBLE-KNEE ROCKING

15 smooth repetitions

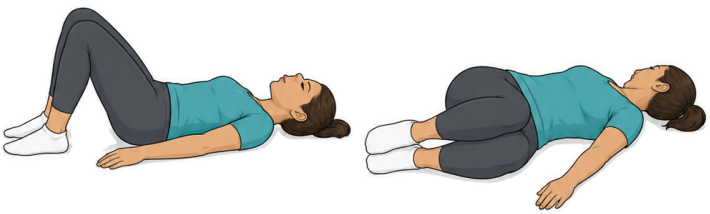
- Lie on your back and bring both knees toward your chest.
- Hold near the knees and smoothly move them closer, then away to arm's length.
- Keep your head and shoulders resting on the surface.



3 LOWER BACK ROTATION

Hold 5 seconds | 10 each side

- Lie on your back with knees bent, feet flat, and arms relaxed.
- Let both knees move together to one side as your head turns gently in the opposite direction.
- Stay within a comfortable range; return to center and alternate sides.



COMFORT CHECK

Do not force a stretch. Stop if symptoms sharply increase, spread down a leg, or cause numbness, tingling, or weakness.

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