

LOW BACK STRETCHES

Up to 80% of the population experience low back pain at some time in their life. Next to the common cold, low back pain is the most common reason for doctor visits. Its causes are endless. However, at least 80% of cases result from mechanical dysfunction of the back muscles and joints. Stretching must include the legs, pelvis, and back. Although pain medications may help alleviate back pain, you should not use them long term. Scientific research indicates that 85% of musculoskeletal problems recur. Unless properly treated, once you have a weakness, it will always be a weakness. Your chiropractor is the best person to diagnose and treat low back problems.

The “Super Six Rules” to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce (Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



Full Body Stretch



Side of Buttock Stretch



Side of Spine Stretch



Spinal Twist



Thigh Stretch



Hamstring Stretch to Bench



**Hip Flexor/Psoas
Stretch**



**Inner Thigh
Stretch**



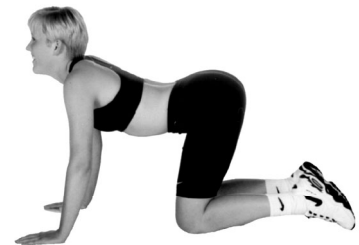
**Side of Leg
Stretch**



**Lower Back/Buttock
Stretch**



**Back Flexion
Stretch**



**Back Extension
Stretch**



**Pelvic Tilt
Low Back Stretch**



**Lying Back Extension/
Abdominal Stretch**

“To maintain flexibility, we recommend that all of these stretches be completed during and/or after your activity. The cool-down stretch routine will eliminate lactic acid from your muscles and therefore decrease stiffness and soreness as a result of exercise.”

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