

# Simple exercises to effectively stretch the lower back.

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Lower back pain is quite common and has many causes. Stretching exercises can reduce lower back pain and improve the flexibility of inflamed muscles. Below are **some of the most effective lower back stretching exercises** .



## What are the best stretching exercises for the lower back?

Certain yoga poses, such as the child's pose, and gentle stretches, like pelvic tilts, can help loosen tense muscles in your lower back.

Be especially gentle and cautious if you are injured or have health problems. It's best to talk to your doctor before starting any new type of exercise, especially if you are experiencing pain from a recent injury.

The National Institute of Neurological Disorders and Stroke (NINDS) Trusted Source recommends avoiding sudden movements that can jerk or strain the back muscles. Instead, use low-impact exercises that strengthen the back and abdominal muscles.

You can do these stretches once or twice a day. But if your lower back pain seems to get worse or you feel very sore, it's best to take a day off from stretching.

As you perform these stretches, take time to pay close attention to your breathing. Use your breath as a guide to avoid straining or overexertion. You should breathe comfortably and evenly throughout each lower back stretch.

## **Baby position**

This traditional yoga pose gently stretches the gluteus maximus, lower back, and spinal extensors. It helps relieve pain and tension along the spine, neck, and shoulders.

The relaxing effect of this posture on the body also helps loosen tense lower back muscles, promoting flexibility along the spine.

To perform the child's pose, follow these steps:

1. Place your hands and knees on the ground, lowering your body so that your hips rest on your heels.
2. Bend at the hips as you lean forward, extending your arms forward.
3. Place your stomach on your lap.
4. Extend your arms straight out in front of you or along your body with your palms facing down.
5. Focus on deep breathing and relaxing any areas of tension or stiffness.
6. Hold this position for up to 1 minute.



You can perform the child's pose multiple times during your stretch. Feel free to do it between each stretch you perform.

## **Straighten from knee to chest.**

This stretching exercise helps relax your hips, thighs, and buttocks while promoting relaxation.

To perform this knee-to-chest stretch, follow these steps:

1. Lie on your back with both knees bent and feet flat on the floor.
2. Keep your left knee bent or straight out along the floor.
3. Pull your right knee toward your chest, and clench your fist behind your thigh or at the top of your tibia.
4. Lengthen your spine down to your tailbone and avoid lifting your hips.
5. Take a deep breath and release all tension.
6. Hold this position for 30 seconds to 1 minute.
7. Repeat with the other leg.

## Pyramidal muscle stretching exercises



This stretching exercise targets the piriformis muscle, located deep within the buttocks. Stretching this muscle can help relieve pain and stiffness in the buttocks and lower back.

To perform the piriformis stretching exercise, follow these steps:

1. Lie on your back with both knees bent and feet flat on the floor.
2. Place your right ankle at the base of your left thigh.
3. Next, place your hand behind your left thigh and pull upwards towards your chest until you feel a stretch.
4. Hold this position for 30 seconds to 1 minute.
5. Then, do the opposite.

## Spinal rotation while sitting

This classic twist stretches your hips, glutes, and back. It increases spinal mobility and stretches your abdominal muscles, shoulders, and neck. The pressure from this stretch also stimulates your internal organs.

To perform a spinal rotation while seated, follow these steps:

1. Sit on the floor with both legs extended forward.
2. Bend your left knee and place your foot outside your right thigh.
3. Place your right arm outside your left thigh.
4. Place your left hand behind you for support.
5. Starting from the base of the spine, rotate to the left.
6. Hold this position for up to 1 minute.
7. Repeat on the other side.

## Pelvic tilt

Pelvic tilts help strengthen the abdominal muscles, reducing pain and stiffness in the lower back. They also benefit your gluteal muscles and hamstrings.

To perform the pelvic tilt exercise, follow these steps:

1. Lie on your back with both knees bent and feet flat on the floor.
2. Use your abdominal muscles as you press your back down to the floor.
3. Breathe normally and hold this position for up to 10 seconds.
4. Relax and take a few deep breaths to unwind.
5. Perform 1 to 3 sets, with 3 to 5 repetitions per set.

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