

Stretching for:

LOW BACK

PRE-STRETCH WARM-UP

Always warm up the muscles before stretching to avoid injuries. Wear sweats during the warm-up and stretch periods.

Some suggested pre-stretch warm-ups are:

- Walk for ten minutes.
- Soak in a warm tub for fifteen minutes.
- Gently rotate each arm and leg in a circular motion twenty-five times.

DIRECTIONS FOR EXERCISES

1. Do the exercises in the order shown.
2. Hold positions for 30 to 60 seconds.
3. Achieve the stretch position gently, **no bouncing or jerking!**
4. The stretch position should have a tight feeling, **never pain!**
5. Do all exercises to both sides of body.
6. Stretch before and after your sport activity. If you have time for only one, **before is the most important.**

1



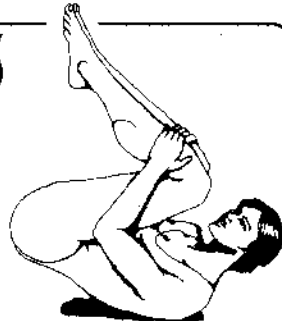
With legs crossed, lower body to floor. When stretch is felt, hold. Keep elbows in front of knees. (**Lower back**)

2



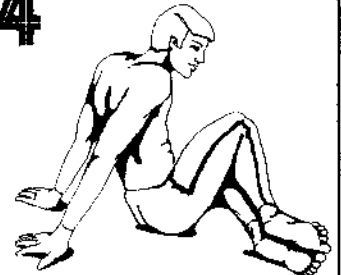
Pull knee to chest and raise the head to the knee. When stretch is felt, hold. (**Lower back**)

3



Rock gently back and forth about 8-10 times. (**Back**)

4



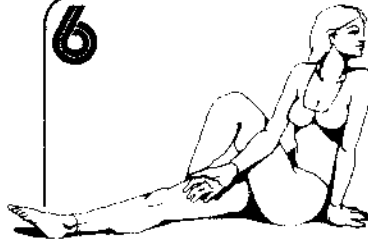
With legs together, move both legs to one side until stretch is felt and hold. (**Hip and Oblique**)

5



Keeping shoulders flat, gently pull knee to floor. When stretch is felt, hold. (**Rotibial band**)

6



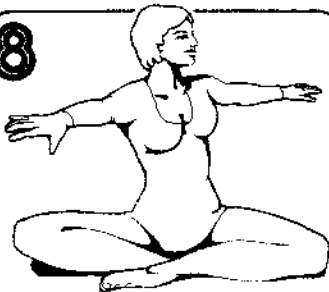
Cross left leg over the right and bring right arm through as shown. Push on leg with arm and twist body until stretch is felt and hold. Turn head to the rear. (**Hip and Oblique**)

7



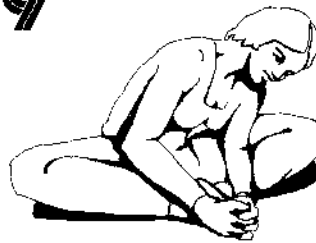
From position shown, grab ankle and pull body forward until stretch is felt and hold. (**Hamstrings**)

8



With legs crossed and arms out, turn body until stretch is felt and hold. (**Hip and Oblique**)

9



Put bottoms of feet together, pull heels toward groin and body forward until stretch is felt and hold. (**Groin**)

STRETCHING CHARTS & PADS

FOR 15 DIFFERENT SPORTS

TWO COLOR 2' x 3'
GLOSSY WALL CHART

designed and created by
John E. Beaulieu

STRETCHING CHARTS, INC.
P.O. Box 44646
Tacoma, WA 98444