

4 EXERCISES TO RELIEVE LOWER BACK PAIN

SENSORY BATH ⁰¹

1. Lie face down on a comfortable surface
2. Grab a vibrating toothbrush, neuro-wheel, or paintbrush
3. "Brush" your lower back (or have someone help with this) in long circular movements
4. Continue for 30 - 60 seconds, 3 times per day



⁰² PELVIC MOBILITY

1. Start standing with your spine straight
2. Rotate the hips forward, rounding the spine
3. Rotate the hips backward, arching the spine
4. Repeat 3-5 times, 3 times per day
5. Return to straight spine
6. Shift weight into right hip, bending left knee
7. Shift weight into left hip, bending right knee
8. Repeat 3-5 times, 3 times per day



SCIATICA NERVE GLIDE ⁰³

1. Start sitting upright in a chair
2. Straighten the leg you wish to stretch
3. Pull your toes toward your shin
4. Tuck your chin to your chest
5. Slouch
6. Start to lean forward until you feel a 3/10 stretch in your low back, back of your thigh or calf
7. Hold this position as you let your knee bend and straighten
8. Perform this floss 10-15 reps, 3 times per day or as tolerated



⁰⁴ DIAPHRAGM STRETCH

1. Begin by laying on your back
2. Allow both knees to bend
3. Perform a posterior pelvic tilt, bringing your low back flush with the floor
4. Take a deep breath in, filling your belly up
5. Blow all of your air out as you slow raise your arms overhead keeping your elbows straight the whole time
6. As you completely blow out, you should feel a slight stretch in your low back
7. It is normal to cough at the end of this drill
8. Repeat this drill 3 times, 3 times per day

