LOW BACK/HIP EXERCISES

**1. LUMBAR FLEXION (STANDING)**
   a. Stand with arms at sides.
   b. Slowly bend head forward and continue bending with the low back, attempting to reach toes.
   c. Hold for 10 seconds. Relax.
   d. Repeat ___ times.
   e. Do ___ sessions per day.

**2. LUMBAR ROTATION (SIDE LYING)**
   a. Lie on one side with the bottom leg extended.
   b. Hook opposite leg behind knee of the extended leg.
   c. Twist trunk to one side while shoulders maintain contact with the surface. Hold for 10 seconds and switch to the other side.
   d. Repeat ___ times.
   e. Do ___ sessions per day.

**3. DOUBLE KNEES TO CHEST**
   a. Lie on back with legs extended.
   b. Bring both knees to chest and hold for 10 seconds.
   c. Repeat ___ times.
   d. Do ___ sessions per day.

**4. GROIN STRETCH**
   a. Sit with knees bent, soles of feet together.
   b. Slowly let your knees drop down.
   c. Grasp ankles with hands and lean forward from the hips. Hold for 10 seconds.
   d. Repeat ___ times.
   e. Do ___ sessions per day.

**5. CHILD’S POSE STRETCH**
   a. Kneel in 4-point position on hands and knees, shoulder width apart.
   b. Hips should be at 90° and low back should be in neutral spine.
   c. Slowly move hips backward, and sit on your heels.
   d. Hold for 10 seconds. Relax.
   e. Repeat ___ times.
   f. Do ___ sessions per day.

**6. HIP FLEXOR STRETCH**
   a. Take a big step into a forward lunge. Back leg is kneeling on a padded mat or table.
   b. Front leg is positioned with knee over ankle (do not extend knee over toes).
   c. Push hips forward while raising arms up and overhead.
   d. Hold for 10 seconds. Relax.
   e. Repeat ___ times and switch to other side.
   f. Do ___ sessions per day.
LUMBAR BRIDGING
a. Lie on back with knees bent.
b. Lift hips up and hold for ___ seconds.
c. Repeat ___ times ___ sets
d. Do ___ sessions per day.

LUMBAR EXTENSION (SUPERMAN)
a. Lie face down with arms outstretched overhead.
b. Arch upward, raising arms and legs up.
c. Repeat ___ times ___ sets
d. Do ___ sessions per day.

LUMBAR EXTENSION ALTERNATING ARM/LEG (QUADRUPED)
a. Kneel in 4-point position on hands and knees. Tighten core.
b. Raise left arm and right leg up. Lower and repeat with opposite side.
c. Repeat ___ times ___ sets
d. Do ___ sessions per day.

LUMBAR BRIDGE WITH LEG EXTENSION
a. Lie on back with knees bent.
b. Keep the shoulders down, lift the hips up and extend one leg. Hold for ___ seconds.
c. Return extended leg, keeping hips up and extend the opposite leg. Hold for ___ seconds.
d. Repeat ___ times ___ sets
e. Do ___ sessions per day.

HIP EXTERNAL ROTATION SIDE LYING WITH ELASTIC
a. Lie on your side with knees bent and elastic looped around thighs, just above the knees.
b. Keep heels together and lift top knee upward while squeezing glutes.
c. Repeat ___ times ___ sets
d. Do ___ sessions per day.

LUMBAR SIDE BEND BRIDGE
a. Lie on your side, forearm supporting upper body.
b. Knees should be straight, ankles together.
c. Place free hand on hip, raise hips and thighs up until trunk and back are straight.
d. Repeat ___ times ___ sets
e. Do ___ sessions per day.

Download exercises from houstonmethodist.org/orthopedics/athletic-training/resources