



Name \_\_\_\_\_ Date \_\_\_\_\_

Instructor \_\_\_\_\_ Section \_\_\_\_\_

## Stretching to Prevent or Reduce Lower Back Pain

Stretching exercises are important in maintaining a flexible and healthy back. Our daily activities often result in overuse and tightening of back muscles. Chronic overuse and straining can cause significant back pain and increase your risk of back injury. In this lab, you will learn exercises to stretch the muscles of your lower back to help in maintaining flexibility. Performing these stretches will help prevent back pain and may help reduce back aches.

### BACK EXTENSION—PRONE

Scan to view a demonstration video of the back extension stretch. ►



1. Lie on your stomach.
2. Prop yourself up on your elbows, extending your back.
3. Start straightening your elbows, further extending your back.
4. Continue straightening your elbows until you feel a gentle stretch.
5. Hold for 15 seconds.
6. Return to the starting position.
7. Repeat 10 more times.

### CAT STRETCH

Scan to view a demonstration video of the cat stretch. ►



1. Get down on the floor on your hands and knees.
2. Push your back up toward the ceiling (like a cat arching its back).
3. Continue arching until you feel a gentle stretch in your back.
4. Hold for 15 seconds.
5. Return to the starting position.
6. Repeat 10 more times.

### THE PELVIC TILT

Scan to view a demonstration video of the pelvic tilt. ►



1. Lie on your back, with your knees bent and feet flat on the floor.
2. Exhale, and press the small of your back against the floor.
3. Hold for 15 seconds.
4. Return to the starting position.
5. Repeat 10 more times.

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.