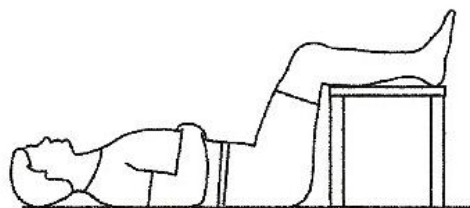


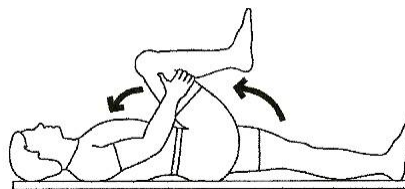
# ACUTE LOW BACK



## Lumbar Stretch

- Lie on back with both legs raised and supported on bench or chair as shown.
- Allow low back to flatten against floor.
- Hold for indicated time.

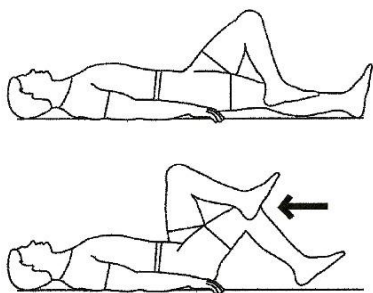
You can put a pillow under your neck for comfort.



## Knee to chest

- Lie on back.
- Bring right knee up to chest.
- Return to start position.
- Repeat with left knee.

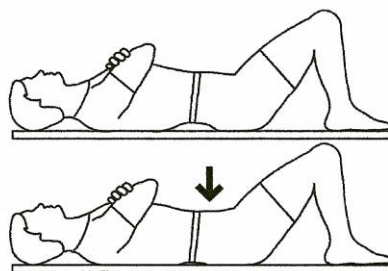
You can put a pillow under your neck for comfort.



## Piriformis Stretch - Figure 4

- Lie on back, knees bent.
- Move left ankle over right knee.
- Gently lift the right knee up to your chest until a stretch is felt. You can use your hand behind your right knee to enhance this stretch by pulling your leg up towards your head.
- Repeat with other leg.

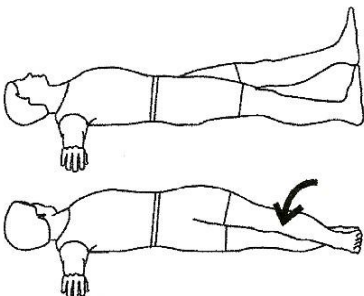
You can put a pillow under your neck for comfort.



## Pelvic tilt

- Lie on back, knees bent.
- Tighten abdominal muscles and press low back down into floor.
- Relax and repeat.

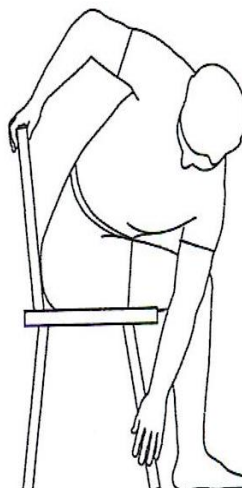
You can put a pillow under your neck for comfort.



## Stretch trunk rotation

- Lie on back, arms out to side, with heel of left leg on toes of right leg.
- Tighten the thigh muscles of each leg and roll legs to right.
- Continue by lifting left hip up and turning head to left.
- Return to start position and repeat to other direction.

You can put a pillow under your neck for comfort.



## Lumbar Stretch Sitting

- Sit in chair with knees close together.
- Bend forward and reach to outside of right leg with left arm.
- Hold, return to start position, and repeat to other side.

See other side for additional exercises/instructions

# ACUTE LOW BACK

## Seated Piriformis

Cross the affected leg over the opposite leg and slide the foot upward so it is resting on your knee.

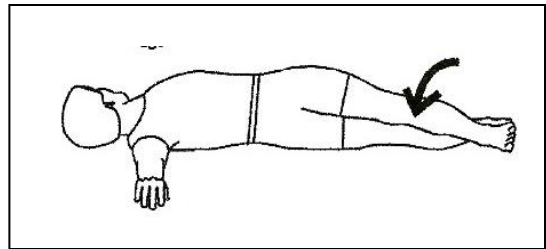
Then:

- 1) Bring chest straight to leg then return to starting position.
- 2) Bring chest diagonally to foot then return to start position.
- 3) Repeat with other leg.



## Trunk Stretch from side

- Lie on side with arms extended out to your sides.
- Bring top leg forward while turning head and reaching arm to opposite.
- Return to start position.
- Bring top leg backward while reaching arm forward and turning head toward the floor.
- Roll onto other side and repeat.



## ICE:

Apply ice to the painful area for 15-20 minutes then leave off for at least 30 minutes. Wrapping the ice in a thin towel or t-shirt will help prevent freezer burn to your skin. Apply ice as often as possible until your pain subsides. Ice is an excellent local anti-inflammatory.

## HEAT:

Apply heat to the painful area for 20-30 minutes then leave off for at least 30 minutes.

**PERFORM ALL OF THE RECOMMENDED EXERCISES \_\_\_\_ TIMES PER DAY.  
HOLD EACH STRETCH FOR 8-10 SECONDS WHILE DEEP BREATHING AND  
REPEAT 3 TIMES EACH SESSION.**

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