



# STRETCHES TO HELP MANAGE BACK PAIN

Certain stretches can help reduce tension in your muscles that support your spine. Stretching can not only help manage your back pain but can also improve your range of motion, overall mobility, and flexibility.

## Chest Stretch

With your arms out to your side like a T, point your thumbs up or back, pull your arms back as far as you can comfortably. You can do this seated or standing. You can also do this into a doorway to help assist in getting a deeper stretch.

## Neck Rotations

Slightly pull your head with your hands in the following ways:

- Chin to chest with your hands on the back of your head
- Chin to air with your hands on your forehead
- Left ear to left shoulder with your left hand on right side of your head
- Right ear to right shoulder with your right hand on the left side of your head

Then rotate your head and do circles in one direction 6-12 times and then reverse it in the other direction.

## Quad & Hip Flexor Stretch

Stand tall with your back straight using (chair, table, or wall) to your side for balance. Bring your right heel towards your backside and grab it with your right hand, keeping the knee pointing straight down. Repeat on the opposite side. You can also do this on the floor lying on the opposite side of the leg you are stretching.

## Hamstring & Lower Back Stretch

Feet shoulder-width apart and knees slightly bent, slowly bend at the waist keeping your back straight, reaching down with your arms. This stretch can be done standing or seated on the floor.

## Inner Thigh Stretch

Stand tall with your back straight, feet wider than the hips. Slowly squat down, placing your arms inside your legs and on the ground for support. Lightly push your knees out using your elbows until you feel a stretch in your inner thighs.

Keep your back as straight as possible. Don't allow your knees to move past your toes (if that happens, take feet out wider)