



# COMPREHENSIVE SPINE CENTER

— OF DALLAS —

For more information, visit [WWW.DALLASSPINE.COM](http://WWW.DALLASSPINE.COM) (Physical Therapy Tab).

## LUMBAR STRETCHING A



### PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 8 Times  
Complete 2 Sets

Hold 10 Seconds  
Perform 2 Times a Day

### SINGLE KNEE TO CHEST STRETCH - SKTC

While lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 8 Times  
Complete 1 Set

Hold 10 Seconds  
Perform 2 Times a Day



**DOUBLE KNEE TO CHEST STRETCH - DKTC**

While lying on your back, hold your knees and gently pull them up towards your chest.



Repeat 8 Times  
Complete 1 Set

Hold 10 Seconds  
Perform 2 Times a Day

**CAT AND CAMEL**

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction.



Repeat 8 Times  
Complete 1 Set

Hold 12 Seconds  
Perform 2 Times a Day

**LOWER TRUNK ROTATIONS - LTR - WIG WAGS**

Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion.



Repeat 10 Times  
Complete 1 Set

Hold 10 Seconds  
Perform 2 Times a Day

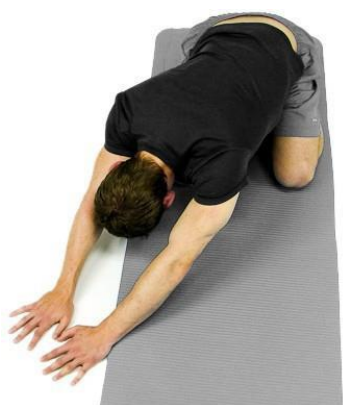


### CHILD POSE - PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

Repeat 10 Times  
Complete 1 Set

Hold 12 Seconds  
Perform 2 Times a Day



### CHILD POSE - PRAYER STRETCH - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out towards the side.

Repeat 5 Times  
Complete 1 Set

Hold 20 Seconds  
Perform 2 Times a Day



### PRONE ON ELBOWS - POE

Lying face down, slowly press up and prop yourself up on your elbows. Hold, lower back down and repeat.

Repeat 5 Times  
Complete 1 Set

Hold 8 Seconds  
Perform 2 Times a Day

**KNEE FALL OUT**

While lying on your back with both knees bent, stabilize your spine by bracing your abdominal muscles. Hold this contraction as you slowly lower one knee to the side. Your pelvis should not move.

You can place your thumbs on your pelvic bone to get feedback of any movements that occur. If your pelvis moves too much, then next time lower the leg less to maintain good control.

Repeat 5 Times

Complete 1 Set

Hold 10 Seconds

Perform 2 Times a Day

**UPPER TRUNK ROTATIONS - UTR**

Cross your arms over your chest, then twist your trunk to the side.

Repeat 5 Times

Complete 1 Set

Hold 10 Seconds

Perform 2 Times a Day

**Transverse Abdominus Activation**

Contract your lower abdominals as if you were trying to lift one leg from the table. Initiate the movement but do not lift foot greater than 1 inch from the table. Repeat opposite side.

Repeat 8 Times

Complete 2 Sets

Hold 5 Seconds

Perform 2 Times a Day