

6 Moves to Relieve Lower Back Pain

About 80% of American adults suffer from some type of back pain. Simple daily stretching can make a world of difference! Try these 6 stretches:

Piriformis Stretch



Lie on your back and cross your right foot across the top of the left knee. Lift the left, bottom knee toward your chest by gently grabbing the back of your thigh to pull the stretch deeper. Repeat on the other side.

Psoas Major Stretch



Begin with your right knee on the mat and your left foot flat on the ground. Lean your weight into your left, flat foot until you feel the hip flexor of the opposite leg stretch. Hold for 20-30 seconds. Repeat on the opposite side.

Hamstring Stretch



Lie on your back with both legs fully extended. Raise your right leg up until you feel the stretch along the back of your raised leg. Hold for 20-30 seconds. Repeat on opposite side.

Lower Back Stretch



Kneel down and reach your hands as far forward as you can while simultaneously pushing your hips back and down into your heels. Hold for 20-30 seconds.

Lower Back Mobilization



Begin on all fours, as if crawling. Simultaneously raise the left arm and the right leg. Hold at the top of this movement for 3-5 seconds before returning to the starting position. Repeat with right arm and left leg. Perform 10 times on each side.

Spine Stretch



Lie on your back with your knees bent at a 90-degree angle, feet flat on the ground. Lower both knees to the right side and turn your head to the left. Hold for 30 seconds. Repeat on the opposite side.

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