

Lower Back & Hip Exercises

Stretches:

Perform stretches 3 times per day. Hold stretches 30 seconds for each side.

1.



Forward Bend

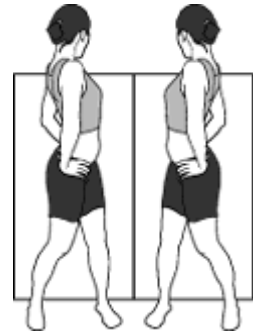
- As you breath in, reach further
- As you breath out, relax neck, shoulders, arms, back

2.



Quadratus Lumborum (QL) Stretch

3.



Trunk Twist

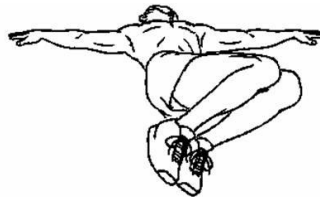
4.



Spinal Column Stretch

- Rock slowly from side to side

5.



Supine Trunk Twist

- Turn head away from knees

6.



Seated Trunk Twist

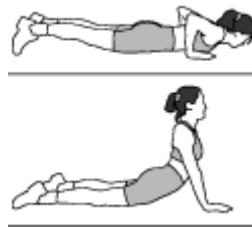
- Begin at base of spine
- Twist slowly up spine

7.



Cat Stretches

8.



Cobra Pose

9.



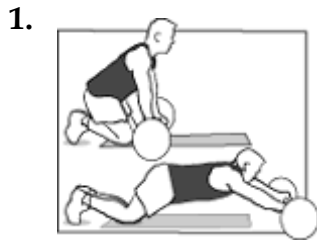
Psoas Stretch



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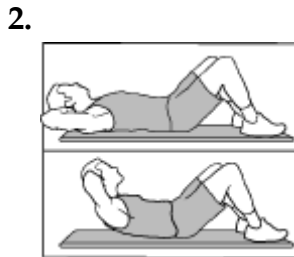
Strengthening:

Perform strengthening 1 - 2 times per day. Move into positions indicated, release (do not hold), then return to neutral. Begin with 5 repetitions of each exercise, advancing to 10 - 15 repetitions.



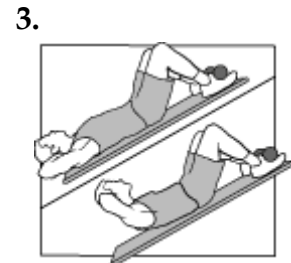
Abdominal Roll-Out

- Use a weight or exercise ball

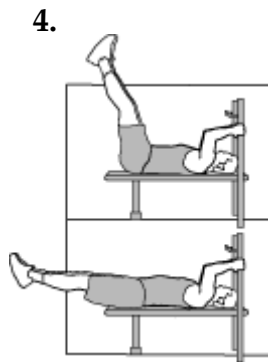


Abdominal Crunch

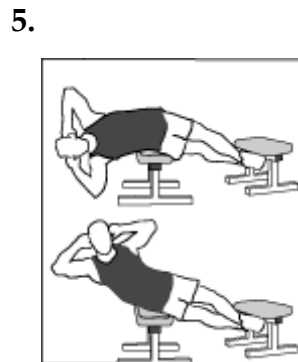
- Be sure not to strain your neck



Incline Abdominal Crunch



Leg Lifts - Lower Abdominals



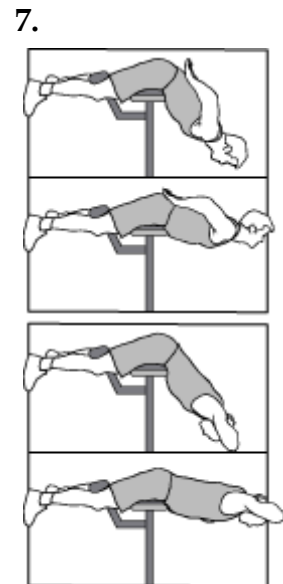
Side Raises - Obliques

- Perform for each side



Superman Exercise

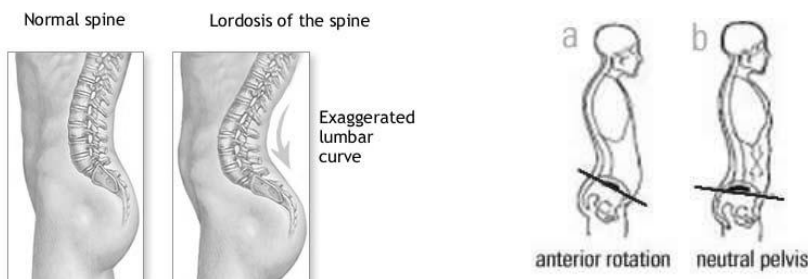
- Lift one arm and opposite leg



Back Extensions

What is Hyperlordosis?

As seen below, a normal spine has some curvature in the lumbar region of the back. With **hyperlordosis**, there is an abnormal increase in this curve along with anterior rotation of the pelvis, which can place strain on the muscles of the lower back, abdomen, pelvis and hips. Exercises to correct this problem are aimed at stretching and lengthening tight muscles of the lower back and the front of the hips, while simultaneously strengthening the abdominal muscles. This will build a strong core to support the spine, taking the strain off of the muscles surrounding the spinal column, and allowing the pelvis to rest in a neutral position.



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