



**Stretches for the**  
**Lower Back**  
*Approximately 6 Minutes*

These stretches are designed to relieve muscular tension in the lower and middle back. For best results do them daily or multiples times daily. If any stretch is painful, proceed with caution or consult us for a modified stretch.

**1** 10-12 seconds  
2 times

**2** 15-20 seconds  
each leg

**3** 5-15 seconds  
2 times

**4**

**5** 20-30 seconds  
each leg

**6** Contract 3-5 seconds,  
then relax  
2 times

**7** Contract 5-8  
seconds, then relax  
2 times

**8** Rock gently back & forth  
15-20 times

**9** 15-30 seconds each leg

**10** 10-15 seconds  
each leg

**11** 5 seconds 2  
times

**12** 10-15 seconds  
2 times

**Demonstrations of all stretches can be found on our YouTube channel by searching Momentum Chiropractic stretching.**