
Back Exercises: Lower Back Stretch

To start, sit in a chair with your feet flat on the floor. Shift your weight slightly forward. Relax, and keep your ears, shoulders, and hips aligned while you do the following:

- Sit with your feet well apart.
- Bend forward and touch the floor with the backs of your hands. Relax and let your body drop.
- Hold for 20 seconds. Return to starting position.
- Repeat 2 times.
- An additional way to improve motion and stability is to push down into the floor while you are in the bent-over position. Push down for 5 seconds, relax 5 seconds. Repeat 3 to 5 times.

Note: If you've had back or hip surgery, talk with your healthcare provider before doing this stretch.

