

Stretches For Lower Back Pain that you might need to know!

You're not alone; around four out of five people experience lower back discomfort at some point in their life, according to the Cleveland Clinic. Theresa Marko, PT, DPT, MS, a board-certified orthopaedic physical therapy specialist based in New York City, notes that back discomfort in a young, healthy individual can result from prolonged sitting and/or inactivity owing to muscle shortening.

Back discomfort caused by stenosis, a narrowing of the spinal canal, may also result from arthritis and joint stiffness as people age. Myofascial pain, a persistent pain that originates deep within muscle tissue, and disc herniation are two other prominent causes of lower back discomfort. Now we will be happy to offer you to visit our page and learn every factor that you might not know about the exercise that we are going to discuss.

Fortunately, stretching your lower back on a regular basis can help ease or avoid that tightness in your back. According to Christine Villoch, M.D., vice-chair.

[Stretches For Lower Back Pain](#) and its exercise:

According to Sassos, tight hip flexors are frequently the main cause of lower back pain and tightness. Hip flexors can be directly impacted by prolonged sitting, such as while working at a desk all day, which can lead to lower back pain and tightness. To treat and prevent back discomfort, a kneeling hip flexor stretch will help loosen your hips.

How to stretch your hip flexors while kneeling Find out how to stretch your knee by using some important exercise.

On both knees, bend.

Put one foot in front of the other, bending the knee until it forms a 90-degree angle with the hip. If necessary, support yourself by placing your hands on the front knee. Lean forward gradually while keeping your torso erect until your thigh starts to feel stretched.

Stretches For Lower Back Pain Hamstring Flexion 2

Depending on your preferences, there are a variety of techniques to stretch your hamstrings, but Marko suggests lying down and using a strap or exercise resistance band because you can relax your back in this posture. Dr. Villoch continues, "You ought to feel a stretch at the iliotibial band, a band of fibrous tissue that runs along the outside of your leg.

How to stretch the hamstrings while lying down:

Stretch your legs out completely as you lay flat on your back.

Put a strap or a resistance band for exercising on the bottom of one foot.

Lift one leg slowly and gently toward the ceiling while maintaining a straight knee by holding the strap in both hands and drawing it towards your chest.

## Stretches For Lower Back Pain

The double knee-to-chest stretch is an excellent posture that emphasises your lower back muscles, according to Marko. You can also try a single-leg knee-to-chest stretch as an alternative.

Double knee to chest stretch technique:

- Lay down on your back.
- Bring your chest up to your knees.
- Just below the knees, encircle your legs with your arms and pull them close to your chest.
- Hold for a minute. To gently massage your back, you can sway your body from side to side while holding your legs still.

## Stretching the piriformis

Marko also advises attempting the supine figure-four stretch, sometimes known as the piriformis stretch. According to the Mayo Clinic, this particular exercise targets your piriformis muscle, a flat muscle that extends from your lower spine through your buttocks to the top of your thighs.

How to stretch the piriformis:

- Lay down on your back.
- Cross one leg over the other by raising it. Figure 4: Place your ankle on top of your knee.
- Holding the thigh of the leg that your foot is on, carefully raise both legs.
- Hold for 30 to 60 seconds.
- Repeat while changing legs.

## Seated Spinal Twist, No. 5

The non-profit The Art of Living Foundation, which provides self-development programmes based on meditation and yoga Sassos continues, "This whole-body stretch is fantastic for increasing spinal mobility, reducing lower back discomfort, and opening up the hips, among many other advantages.

A seated spinal twist technique:

- Your legs should be straight out in front of you while you sit on the ground.
- By bending your left knee, you can raise your left foot and set it flat on the ground next to your right thigh.