WESTWOOD FAMILY CHIROPRACTIC

BACK PAIN RELIEF:

EASY STRETCHES YOU CAN DO ANYWHERE

DISCOVER SIMPLE STRETCHES TO EASE BACK PAIN AND IMPROVE MOBILITY

BACK PAIN IS FRUSTRATING TO LIVE WITH

This comprehensive guide is designed to help you find relief from back pain and improve your mobility through a series of simple stretches.

Whether you're dealing with chronic discomfort or occasional flare-ups, these stretches can make a significant difference in your overall well-being.

Let's dive in and discover the stretches that can help you achieve a stronger, pain-free back.

STRETCHING BASICS

Before we begin, let's cover some stretching basics to ensure you get the most out of your routine. Remember to warm up your muscles before stretching, and never push yourself to the point of pain.

Focus on proper breathing and maintaining good posture throughout each stretch. If you experience any discomfort or have a pre-existing condition, consult with your healthcare provider before attempting these exercises.

CAT-COW STRETCH

- Start on all fours with your hands directly under your shoulders and knees under your hips.
- Arch your back upward while tucking your chin into your chest (cat pose), then lower your belly toward the floor while lifting your chin and chest (cow pose).
- Repeat the movement, flowing smoothly between cat and cow poses, for a gentle spinal stretch.

CHILD'S POSE

- Begin on your hands and knees, then sit your hips back toward your heels while reaching your arms forward.
- Rest your forehead on the floor or a cushion, and allow your back to gently stretch and relax.

KNEE-TO-CHEST STRETCH

- Lie on your back with your knees bent and feet flat on the floor.
- Bring one knee toward your chest while keeping the other foot grounded.
- Hold the stretch for 20-30 seconds, then switch sides.

HAMSTRING STRETCH

- Sit on the edge of a chair with one leg extended straight in front of you and the heel resting on the floor.
- Lean forward from your hips until you feel a gentle stretch in the back of your thigh.
- Hold for 20-30 seconds, then repeat on the other side.

SPINAL TWIST

- Lie on your back and hug your knees into your chest.
- Extend your arms out to the sides, palms facing down.
- Slowly drop your knees to one side while keeping your shoulders grounded.
- Hold the stretch for 20-30 seconds, then repeat on the other side.

STANDING FORWARD BEND

- Stand with your feet hip-width apart.
- Slowly hinge forward at the hips, reaching toward the floor or your shins.
- Allow your head and neck to relax, and feel the stretch in your hamstrings and lower back.

PELVIC TILT

- Lie on your back with your knees bent and feet flat on the floor.
- Gently flatten your lower back against the floor by tilting your pelvis upward.
- Hold the position for a few seconds, then release.

STANDING SIDE BEND

- Stand with your feet hip-width apart and arms relaxed at your sides.
- Reach one arm up overhead and slowly lean to the opposite side, feeling a gentle stretch along your side body.
- Hold for 20-30 seconds, then switch sides.

COBRA STRETCH

- Lie on your stomach with your hands placed next to your shoulders.
- Press your hands into the floor and lift your upper body, keeping your hips and legs grounded.
- Feel the stretch in your lower back and front body, and hold the position for 20-30 seconds.

QUADRUPED EXTENSION-ROTATION

- Start on all fours with your hands directly under your shoulders and knees under your hips.
- Extend one arm straight out in front of you and then rotate your torso, reaching that arm under your body.
- Follow your hand with your gaze and feel the stretch along your spine.
- Return to the starting position and repeat on the other side.

READY TO TAKE THE NEXT STEP TOWARDS A PAIN-FREE BACK?

Schedule your appointment with Westwood Family Chiropractic today and experience the benefits of specialized chiropractic care tailored to your needs.

Book Your Appointment