



STRETCHES FOR YOUR LOW BACK AND LEGS

The following are some very basic stretches your Osteopath may have prescribed to you to help stretch and improve the flexibility in your legs and lower back. Please follow any variations or extra instructions that your Osteopath has given you.

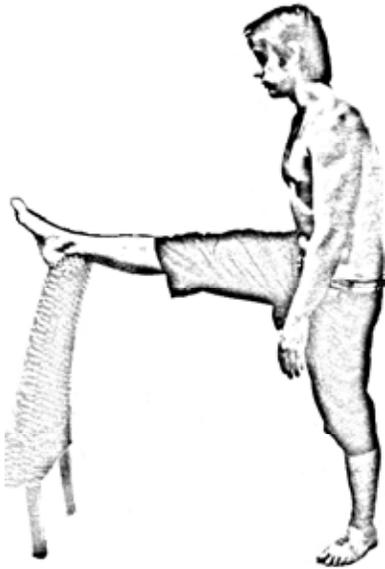
Lower Back

1. Lying on your back, bring your knees to your chest
2. Rock your knees to your chest 20 – 30 times to loosen up your low back
3. Move your arms out to the side to balance.
4. Allow your knees to fall to one side and then the other rotating you back



Hamstrings

1. Face a chair and place your heel on the chair (back or seat depending on your flexibility)
2. Keep your back straight and bend forward from your hips, sticking your bottom out – feel the stretch behind your knee



Quadriceps stretch

1. Hold onto a chair with one hand
2. With the other hand hold your foot and bring towards your buttock
3. Your back should be straight and thighs parallel.
4. Feel the stretch in the front of your leg.



You should always seek advice before starting stretches and exercises such as these. These stretches may not be suitable for all people. Do not do these stretches if you have an injury without consulting your Osteopath