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"treating the cause of your problem, not just the symptoms"

Low back stretches



1) Sit up straight, balance on your "sit bones". Keep your spine straight. Straighten your left leg, then cross your right leg over the left (put the right foot on the floor, outside the left knee). Turn your torso to the right, "hooking" the outside of your right knee with your left elbow or hand. Put your right hand on the floor behind you for balance as you twist. Hold for ten seconds and breath slowly. Repeat on each side three times.



2) Lie on the floor with your right leg straight. Bend your left leg, pull it across your body and down toward the floor with your right hand. The knee doesn't necessarily have to touch the floor, but try. Place your left arm comfortably on the floor to your left. This will keep your shoulders flat on the floor. Turn your head to the left. Hold stretch for ten seconds, then do the same with the right leg. Do each side three times.



3) Lie on a bench, table, or bed so that your buttocks are right on the edge. Pull one knee to your chest and lower the other to the floor. Make sure you do not arch your back when you do this. Hold for ten seconds with each leg. Repeat three times on each side.