Canadian Chiropractic Guideline Initiative
ADVANCING EXCELLENCE IN CHIROPRACTIC CARE

Exercises for Low Back Pain

Date:

Level 1: Mobility (moderate or more severe discomfort)

Click on the title or find all the exercises on CCGI YouTube

✓	Exercises		Instructions	Tips/Notes
	Knee to chest stretching		Lie on your back, knees bent, feet flat on the floor. Gently hug one knee to the chest, towards the same shoulder, holding behind the back of the knee. Hold for 20 seconds then hug the knee towards the opposite shoulder for 20 seconds. Repeat with the other leg. Then repeat, pulling both knees toward the chest, hold for 20 seconds.	• • •
	Child's pose / Prayer stretch		Kneel on all-fours, hands beneath your shoulders, knees beneath your hips. Leave your hands where they are and pull your pelvis down onto your heels. Feel the stretch in your spine as you reach away with your fingertips. Hold for 20-30 seconds.	• • •
	Cat stretch		Kneel on all-fours, hands beneath your shoulders, knees beneath your hips. Tuck your chin in and your tail underneath you and round your back towards the ceiling. Then lower your back down, arching your back the other way. Repeat 10 times.	• • •
	Spinal rotation		Lie on your back, and place your right foot on the left knee. Use your left hand to pull your right knee towards the floor keeping your right shoulder on the floor. Feel the stretch in the spine. Repeat on the other side, 2-3 times on each side.	• • •
	Pelvic tilts		Lie on your back, knees bent, feet flat on the floor hip-width apart. Tighten your stomach muscles and flatten your lower back into the floor, gently tilting the pelvis up. Hold, and then return to the start position. Repeat 10 times.	• • •

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https://www.canadianchiropracticguidelines.ca/

This resource is based on information from: Bussières AE, Stewart G, Al-Zoubi F, Decina P, Descarreaux M, et al. (2017) Spinal Manipulative Therapy for the Management of Low Back Pain: A Guideline from the Canadian Chiropractic Guideline Initiative. J Manipulative Physiol Ther. 2018;41(4):265-293.