Canadian Chiropractic Guideline Initiative
ADVANCING EXCELLENCE IN CHIROPRACTIC CARE

Exercises for Low Back Pain

Date:

Level 2b: Stretching (according to patient presentation)

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

✓	Exercises		Instructions	Tips/Notes
	Quadriceps stretch		Stand close to a wall and place your right hand on the wall for support. Standing straight, grasp the top of your left foot with your left hand. Pull your heel towards your buttock and hold for 15-30 seconds.	• • •
	Figure 4 stretching		Seated: Place your left ankle onto your right knee and keeping the back straight, le forwards from the hips, feeling the stretch in your left buttock. Hold for 20-30 seconds then repeat with the other leg. Lying down: Lie on your back, knees bent, feet flat on the floor. Place your left ankle on your right knee, then hold behind your right knee and pull your right knee towards the chest, feeling the stretch in the left buttock. Hold for 20-30 seconds then repeat with the other leg.	• • •
	Hip flexor stretching		Kneel on your right knee, with your left foot flat on the ground in front of you, so your left knee is at a 90 degree angle. Keeping your back straight, slowly push your hips forward until you feel a stretch in the front of your right hip. If you can't feel the stretch, try leaning your upper body towards your left side, with your arm over your head. Hold this for 20 to 30 seconds. Standing: Step forward with the left leg and gently bend both knees, keeping the back straight and pushing the hips forward. Feel the stretch in the front of your right hip and thigh. Hold for 20-30 seconds then repeat with the other leg.	• • •
	Hamstring stretch		Lying down: Lie on your back, knees bent, feet flat on the floor. Straighten one leg, hold behind the thigh and pull the leg towards the chest, feeling the stretch in the back of the leg as you push the heel toward the ceiling. Hold for 20-30 seconds then repeat with the other leg. Standing: Stand on one leg with the knee slightly bent and stretch the other leg out in front of you on a slightly elevated surface. Feel the stretch in the back of the leg as you lean forward, keeping the back straight. Hold for 20-30 seconds then repeat with th other leg.	• • •

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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.