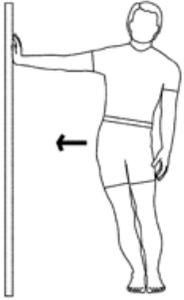




# McFarland Clinic

## LUMBAR SPINE ROM/STRETCHING

### 1. LATERAL PELVIC GLIDE



Stand with your RIGHT / LEFT side toward a wall. Place your hand on the wall at shoulder height and then shift your hips toward the wall. Hold **5-10** seconds, repeat **5-10** times. Do **2-3** times per day.

### 2. SEATED FLEXION



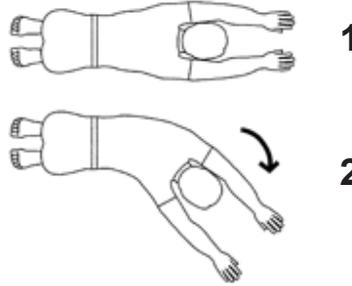
Sit toward the edge of a chair with your knees spread apart. Slowly reach toward the floor until a comfortable stretch is felt. Hold **5-10** seconds, repeat **5-10** times. Do **2-3** times per day.

### 3. SEATED ROTATION STRETCH



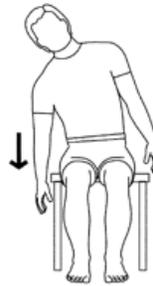
Sit in a chair. Use your arms to help rotate your trunk to the RIGHT / LEFT. Hold **5-10** seconds, repeat **5-10** times. Do **2-3** times per day.

### 4. FOUR POINT ROCK BACK WITH A SIDE BEND



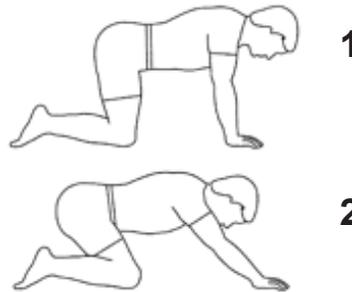
From your hands and knees, 1) rock back toward your heels and then 2) reach toward your RIGHT / LEFT side until a comfortable stretch is felt in the back. Hold **10-15** seconds, repeat **5** times. Do **2-3** times per day.

### 5. SEATED SIDE BEND STRETCH



Sit in a chair, with good posture, and reach down your RIGHT / LEFT side until a stretch is felt in the opposite side of the low back. Hold **10-15** seconds, repeat **5** times. Do **2-3** times per day.

### 6. FOUR POINT ROCK BACK STRETCH



1) From your hands and knees, 2) rock back toward your heels until a comfortable stretch is felt in the low back. Hold **10-15** seconds, repeat **5** times. Do **2-3** times per day.



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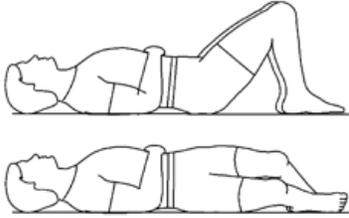
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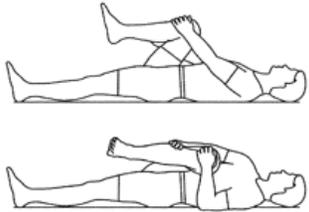
## BACK STABILIZATION

### 1. BACK ROTATION



Feet on floor, slowly rock knees from side to side in small, pain-free range of motion. Allow lower back to rotate slightly. Repeat for 1-2 minutes. Do 1-2 sessions per day.

### 2. PIRIFORMIS STRETCH



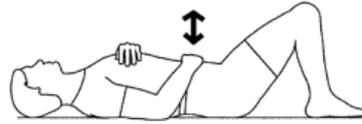
Pull knee toward opposite shoulder. Hold 30 seconds. Relax. Repeat 3 times on each side. Do 1-2 sessions per day. Repeat 10 times. Do 1-2 sessions per day.

### 3. HAMSTRING STRETCH



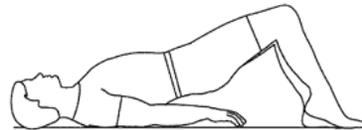
Place foot on stool (hold on to the back of a chair if needed). Slowly lean forward keeping back straight, until stretch is felt in back of thigh. Not necessary to touch toes. Hold 30 seconds. Relax. Repeat 3 times on each side. Do 1-2 sessions a day.

### 4. PELVIC TILT



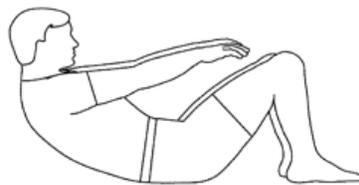
Flatten back by tightening stomach muscles and buttocks. (Pull belly button to the floor). Hold 10 seconds. Relax. Repeat 10 times. Do 1-2 sessions per day.

### 5. BRIDGING



Start with pelvic tilt. Slowly raise buttocks 1-4 inches from floor (working within pain limits), keeping stomach tight. Hold 10 seconds. Relax.

### 6. ABDOMINAL TRUNK CURLS



With arms at sides, tilt pelvis to flatten back. Raise head and shoulders from floor. Look at ceiling to avoid straining neck. Use arms to support trunk if necessary. Hold 10 seconds. Relax. Repeat 10 times. Do 1-2 sessions per day.



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