

HOME EXERCISE - LOW BACK

By Vincenzo Carone

LTR (lower trunk rotation)- Lay on back, preferably hard surface but bed will work as well, bend knees up and place legs together, rock legs side to side for a comfortable stretch and rotation of lumbar spine, perform 20x.



Hip internal rotation- Lay on back, preferably hard surface but bed will work as well, bend one knee up and place that same side foot out wider than your hip, take knee inwards towards other leg until you feel a gentle stretch, hold for 30seconds, repeat 3x per side.

Posterior pelvic tilt- Lay on back, preferably hard surface but bed will work as well, bend both knees up, tuck pelvis underneath you by tightening your glutes and stomach to flatten low back into floor, hold for 5 seconds and repeat 10x for 3sets. Envision taking the arch out of your low back.

