



Horizon Spine & Pain Stretching Guide for Low Back Pain Prevention

This daily stretching routine is designed to improve flexibility, decrease muscle tension, and support spinal health. Perform each stretch slowly and gently. Hold for 20–30 seconds and repeat 2–3 times per side.

1. Supine Hamstring Stretch

- Lie flat on your back and loop a towel or strap around one foot.
- Gently raise the leg, keeping the knee straight.
- Keep the opposite leg relaxed and flat on the ground.

2. Hip Flexor Stretch (Standing or Kneeling)

- Step into a gentle lunge position with your torso upright.
- Shift your weight forward to feel a stretch at the front of the hip.
- Avoid overarching your lower back.

3. Knee-to-Chest Stretch

- While lying on your back, pull one or both knees toward your chest.
- Keep your neck and shoulders relaxed.

4. Piriformis (Figure-4) Stretch

- Lie on your back and cross one ankle over the opposite knee.

- Gently pull the legs toward your chest to stretch the deep gluteal muscles.

5. Cat-Camel Stretch

- Begin on hands and knees.
- Slowly alternate between arching your back (cat) and dipping it down (camel).
- Move fluidly through your full range of motion.

6. Child's Pose Stretch

- From hands and knees, sit your hips back toward your heels.
- Extend your arms forward and rest your forehead on the ground.
- Focus on slow, deep breathing.

Important:

Discontinue any stretch that causes sharp, radiating, or increased pain. Stretch only within a comfortable range and never force a movement.

References:

- Hayden JA et al., *Cochrane Database Syst Rev*, 2005
- Kisner & Colby, *Therapeutic Exercise: Foundations and Techniques*, 2012
- Akuthota V et al., *Curr Sports Med Rep*, 2008