



Bloomsbury Osteopathy

Low Back Exercises

Gluteal Stretch and Low Back Stretch

HIPM03

Function

To stretch, lengthen and relax the muscles of the buttock and low back. Also stretches hip joint, the hamstrings, piriformis and sciatic nerve. Generally an easy and safe exercise to perform.

Method

Starting Position:

Lie on your back on an exercise mat. Bend one of the knees towards your chest.

Action:

With both hands grasp one of the knees and gradually pull the bent knee towards your chest. If your knee cannot be bent to the position the place your hands under the thigh instead. Hold the stretch for 10 seconds, relax and repeat.

Notes:

There are many ways to stretch the gluteal muscles, consult your osteopath for alternatives if a stretch is not felt. If you have a problem with your knee consult your osteopath for guidance.

STRETCHING OF:
1. THE GLUTEI (BUTTOCK) MUSCLES
2. THE HAMSTRINGS
3. THE LUMBAR / LOWER BACK MUSCLES
4. THE LIGAMENTS AND TENDONS AT THE BACK OF THE HIP JOINT (HIPM01B)

