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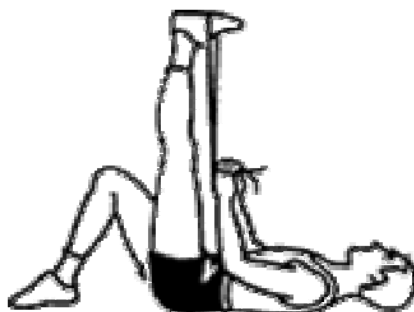


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## Lumbar Spine Stretches



**CROSSOVER STRETCH** (for lower back). Lying on back, bend left knee at 90° and extend arms out to sides. Place right hand on left thigh and pull that bent knee over right leg. Keeping head on floor, turn to look toward outstretched left arm. Pull bent left knee toward floor; keep shoulders flat on floor. Hold for 10 to 30 seconds, then switch sides and repeat.



**THIGH STRETCH** (for hamstrings, in back of thigh). Lie on back. Place a rope loosely around sole of one foot, grasping both ends with both hands. Contracting front of thigh, lift that leg as high as possible, aiming your foot toward ceiling. "Climb" hand over hand up the looped rope to lift your leg gently, keeping upper body on floor. Keeping tension on the rope and using it for gentle assistance, hold stretch for 2 seconds. Don't pull your leg into position—that can cause knee problems. Repeat 8 to 10 times, then switch legs.



**LUMBAR STRETCH** (for lower back). Lying on back, clasp one hand under each knee. Gently pull both knees toward chest, keeping lower back on floor. Hold for 10 to 30 seconds, relax, then repeat.