# Exercises for Low Back Pain

**Help Your Clients Get Relief**

1. **Foam Rolling**
   - Hamstrings
   - Hips
   - Deep glutes (piriformis)
   - Calves
   - **DO NOT** roll the lower back

2. **Stretches**
   - Hamstring stretches
   - Kneeling hip flexor stretch
   - Chest raises to stretch lower back
   - Child’s pose

3. **Strength: Bird Dog**
   - Get down on hands and knees with back straight
   - Lift right arm and left leg and stretch forward and back
   - Repeat with left arm and right leg

4. **Strength: Plank**
   - Press hands and forearms into the floor
   - Lift the body up on the toes
   - Remain stationary with a straight line from head down to toes

5. **Strength: Cobra**
   - Lie on stomach on the floor
   - Place hands directly under shoulders
   - Flex toes downward
   - Gently lift the chest up and hold before slowly lowering down

6. **Strength: Hip Bridges**
   - Lie on back on the floor
   - Bend knees with both feet flat on floor
   - Lift hips up and squeeze glutes

To learn more about muscle imbalances and how to use exercise as part of a pain reduction or injury prevention program, look into becoming an [ISSA Certified Corrective Exercise Specialist](https://issaonline.edu).