

# Lower Back Pain and Stiffness

Three Simple Stretches For Regaining Full Pain-Free Movement





Hi there,

I'm Derek, a body transformation specialist at Results Personal Training & Group Fitness, Falkirk. Over the last nine and a half years now, I've helped people in the hundreds to reinvent themselves and to feel so much more confident, all through eating much more healthily and working out regularly. Along the way I've come across people suffering from lower back stiffness. This can come about from things as simple as reaching down to tie your shoe laces and putting your lower back into spasm. So many people suffer from lower back pain. I've been using some simple, light stretching exercises to help members at Results to alleviate their lower back stiffness, and I'd like to share this with you in order to help you also.

If you have any questions or would like some free tips on how to reinvent yourself through living a healthier lifestyle, then get in touch. My contact details and an offer especially for you, can be found at the end of this document.

*Derek*

## Lower Back Pain and Stiffness Three Simple Stretches for Regaining Full Pain-Free Movement

Having lower back pain can be debilitating. It can really restrict your movement and also lower your mood considerably.

But you needn't suffer in silence. You can do some light stretching to help your body to loosen up. Never force a stretch. Just go into it until you feel the slightest resistance from your body, and hold there. After 30 or so seconds, you may be able to go a small amount further into the stretch (but don't if you're already feeling the stretch quite a bit). If you feel an intense stretch, ease off. Avoid holding your breath or tensing up anywhere. Try to remain as relaxed as possible.

### Cat Cow (Extension and Flexion)



While on all fours, inhale deeply and relax your abdominals, and let your midsection drop down towards the floor. Hold for a few seconds, then exhale and press your mid back up towards the ceiling while sucking your belly button in.

This is a great way to get some extension and flexion in your spine without any external loading of the muscles (your lower back is not having to support your upper body, as it does when you are standing and bend forwards).

Repeat for a total of 10 repetitions.

## Lying On Front Spinal Extension



While lying on your front, with your hands by your shoulders, slowly and gently raise your upper body up onto your elbows. Make sure that your hips remain on the floor and do not lift up. Don't force it. Just move until you feel a little bit of resistance and stop there. Hold for at least 10 seconds. Try not to tense up. No holding your breath. You can lower your upper body back down again and repeat. You may find that you get your upper body a little higher on subsequent repetitions.

Start by raising yourself up onto your elbows only.

### **Progression**

As your spinal extension improves (as your lower back stiffness subsides) you can get right up onto your hands. This will be a great indicator of your progress towards your lower back returning to full movement and being pain-free also, ideally. You're on the right track. Keep it up.

Do 10x repetitions

## Window Wipers (Spinal Rotation)



Lie on your back and reach out sideways with your arms, level with your shoulders. Keep your feet on the floor and your knees and feet together. Gently lower your knees towards the floor to your side. Hold for 5 seconds and then rotate the other way.

### Progressions

As your rotational mobility improves, you can bring your knees over to the side and upwards towards your elbow also.

Doing this same movement with your feet off of the floor is a great progression and this will indicate just how much your lower back stiffness is improving.

The final progression would be doing this same movement with your legs straight overhead and no bend in the knees. Only attempt this if your back is 100% again and you have already been doing the bent kneed version without any discomfort for some time.

Do 10x repetitions each side.

You can do these stretches several times per day to loosen up your back and also get the blood flowing. These three stretches will really help to get you moving better, without stiffness and pain. Keep them going.

Another great fix for lower back stiffness and pain is inversion (hanging).

You can do this with use of an inversion table (below). We have one here at Results. If you'd like to try it out and get some free coaching on how to make best use of inversion, then contact me today.



As an alternative, you can even just hang from your hands. This will stretch your shoulders also. With your feet resting lightly on the floor you'll feel less of a stretch, and after doing this one for a few weeks you can progress to raising your feet off of the floor. You can also add in some twisting movements while you're hanging. You don't need any fancy equipment for this. You can get a doorway Chin-Up bar in Argos for around £15. To find them, [click here](#).



I hope that this free advice proves highly beneficial for you. If you'd like to find out more about how you can get toned up, get into smaller sizes, ramp your fitness up to a whole new level, and to feel younger than you have done in many years, then message today for a free session at Results.

Derek Thomson  
Results Personal Training & Group Fitness  
29 Main Street, Falkirk. FK2 7PQ  
07766993091  
[derek@resultspersonaltraining.co.uk](mailto:derek@resultspersonaltraining.co.uk)  
[www.resultspersonaltraining.co.uk](http://www.resultspersonaltraining.co.uk)