

Best Stretches For Lower Back Pain in 2023!

Our natural tendency is usually to either stay perfectly still or try to work it until we can stay in our comfort zone, or pull ourselves into positions that are wholly inappropriate at the time when we experience jaw-droppingly terrible lower back pain.

These actions are the very worst that you can take. These methods aggravate the condition (as well as your emotions) and prevent recovery when your back is stiff and scarred.

Instead, look for passive [Stretches For Lower Back Pain](#). This operates on the basis of the reciprocal inhibition principle, which asserts that when you contract one muscle group, the opposing muscle group is released. So, if you engage your front body, you essentially let your back body relax.

Fear plays a significant role in the issue for those of us who are unwilling to move at all. It makes sense to doubt your body and your knowledge of how much you can safely move on your own when you're in pain.

Passive stretching helps you regain confidence in your body and prevents you from overextending your flexibility. Additionally, it enables you to concentrate more on soothing the nervous system, a crucial component of treating low back pain that helps relieve tightness in the back more effectively than attempting to stretch an injured muscle.

Top 3 Stretches For Lower Back Pain

The passive stretches and stability exercises that follow include simple forward folds and gentle twists. You'll regain that knowledge and confidence in your range of motion as you stretch, and you'll get some pain alleviation.

1. The child's pose with a twist (and why it relieves low back pain):

Child's Pose is more about calming your nervous system, which obviously becomes somewhat agitated when you suffer severe pain. It is less about the physical release. The most crucial thing to remember is to choose a stance that feels natural to you. By stretching the quadratus lumborum (QL), a large muscle that runs along the lower back's lumbar region, walking with your hands to the side starts the physical component of your lower back.

Know` the procedure:

Spread your knees and place your big toes in contact or close to one another in the fundamental Child's Pose position. Try drawing your knees together or tucking your toes if this is uncomfortable for you. Once you feel a slight stretch in your lower back, release your hips toward your heels. Put your attention on taking slow, deep abdominal breaths. Continue to breathe slowly, steadily, and mindfully for at least 10 breaths, or until you feel you can control your breathing.

Walk your hands to one side while remaining in child's pose until you feel a slight stretch. Your hips should continue to sag toward your heels. When walking with your hands to the right, try to relax the shoulder to the opposite side.

Tip

You can achieve the same QL release by standing in a doorway, raising your arms overhead, and gently leaning to one side if it's challenging for you to come to the floor for Child's Pose. Put your hands anywhere on the doorframe that feels comfortable. Take as much time as you need to breathe here. Change sides.

2. Stand and bend forward (Why this helps with low-back pain)

This stretch is slightly challenging and requires little effort, much like Child's Pose.

How to perform this activity:

Bring your feet to a standing position at the front of the mat, either wider or hip-distance apart. Maintain a slow forward bend while keeping your knees firmly bent. You shouldn't be concerned about hamstring stretching. Concentrate on gently stretching your low back instead.) Let your head hang and relax your neck. Deeply inhale and exhale slowly.

3. QL Stretch while Standing

Why doing so relieves low back pain This is a standing forward bend variation that targets the QL and is comparable to the half moon stretch.

How to perform this exercise:

Walk your hands carefully to one side of the mat while still in the standing forward bend, bending your knees more if necessary. When walking with your hands to the right, try to relax the shoulder to the opposite side.

Fourth Bridge Pose

Why this relieves low back pain: This Bridge Pose version does not involve a backbend. Your aim is to simply contract your glutes, not to lift your chest as high as you can.

Learn the watts to perform this activity:

Your feet should be about hip distance apart on the floor as you roll onto your back, bend your knees, and bring them toward your hips. (They don't necessarily have to be below your knees.) To fully press your triceps into the ground, bring your arms alongside your body, flex your elbows, and then do so. This relieves pressure on your lower back and offers support from higher in the back.