

# Hamstring, Hip Flexor, and Piriformis Stretches for Low Back Pain

## Hip Flexor - Stretch 1

Stand with good posture with your back leg straight. Keep your back heel on the ground with your toes pointed straight ahead. Flex your front knee until you feel a stretch in the front of your hip. You will also likely feel a stretch in the back of your calf.

You should feel a mild to moderate stretching sensation and no increase in pain.

Hold for 30 seconds, and repeat three times on each side.



## Hip Flexor - Stretch 2

Stand with good posture with your back leg straight. Keep your back heel on the ground with your toes pointed straight ahead. Flex your front knee until you feel a stretch in the front of your hip. You will also likely feel a stretch in the back of your calf.

Raise the same arm as your back leg to increase the stretch in the hip flexor area.

You should feel a mild to moderate stretching sensation and no increase in pain.

Hold for 30 seconds, and repeat three times on each side.



### Hamstring Stretch in Doorway

Find a doorway and place one leg on the frame and stretch the opposite leg through the doorway. Try to keep your back with a neutral arch. As your hamstring relaxes, slowly move closer to the wall or doorframe.

Hold for at least 1 minute per side and preferably 2 repetitions per side.



### Figure 4 Stretch for the Piriformis Muscle

Cross one leg over the other into a figure 4 position. The first method is to push your leg away from your head (as shown). The second method is to hold the opposite leg (while maintaining the figure 4 position) and pull your bent leg toward your chest until you feel a stretch in your buttock area.

Hold for 30 seconds, and 3 repetitions per side.

