

6 Easy Stretches to Prevent Back and Knee Pain



Cat and Cow

Cat - with your hands directly under your shoulders and your hips over your knees, pull your belly button up and in as you drop your head and raise your back up towards the ceiling. Imagine that you are pushing the floor away.



Cow - same position as cat, but then raise your head up to look up slightly and arch your back by letting your belly fall towards the floor.



Hold each exercise for 5 seconds and alternate back and forth between Cat and Cow 10 times

Child's pose

Start on your hands and knees, then sit back onto your heels while keeping your arms straight.

Allow yourself to sink into this stretch.



Hold each stretch for at least
30-60 seconds.

Hip flexor stretch

Kneel down onto one knee (can put a pillow under your knee for comfort). Pull in your lower abdominals and "tuck your tail under" to increase the stretch on the front of your kneeling leg.



Hamstring stretch

Put a belt or towel around the ball of your foot and keep your knee very slightly bent. Pull your leg up until you feel a stretch in the back of your thigh and calf. Relax your foot to increase the stretch in your calf.



Hold each stretch for at least
30-60 seconds

IT band stretch

Same position as above, but then let your leg fall towards the opposite side to feel the stretch along the side of your leg.

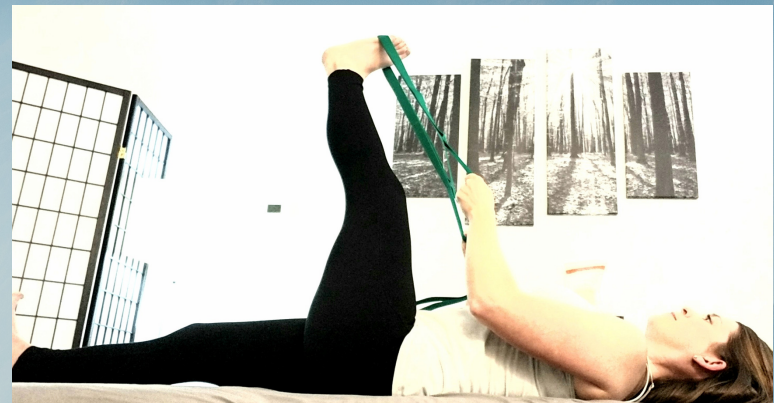


Figure 4 stretch

Cross your left ankle over just above your right knee. Then reach between your legs to hold onto your right leg either behind the thigh (easier) or over the shin (harder). Hold for at least 30-60 seconds and repeat on both sides.



Disclaimer: this is purely for informational purposes only and is not medical advice. If you would like to know more, please contact Solstice Physical Therapy to schedule an evaluation and receive a customized therapeutic exercise program that is tailored to your body and your needs.



Let us help you get back to living your best life!

Call now to schedule an evaluation.

(720) 369-7738

**Online scheduling also available at
www.SolsticePhysicalTherapy.com**