

# Dr. Juhl's Low Back Pain Exercise #1

Do these exercises on a firm surface.



Flex both knees gently to chest. Keep your neck, upper torso and arms as relaxed as possible. Let the weight of your arms pull your legs out to the sides – do not use muscular effort. Take slow, full breaths and try to relax the low back more and more on each exhalation. Continue to move the legs further to your sides as comfort permits. Use your exhalations to do this. Hold this position for 1–5 minutes.



Release one leg to the floor as shown. Take up any slack on your fully flexed knee by drawing it further to the same side shoulder. Hold for 1–2 minutes. Alternate knees.



Return to first knee. Draw it toward your opposite shoulder keeping your pelvis flat on the floor. Discomfort in the front of the bent hip may be relieved by crossing the bent leg foot over the resting knee. Use exhalation to increase the stretch as comfort allows. Alternate knees.