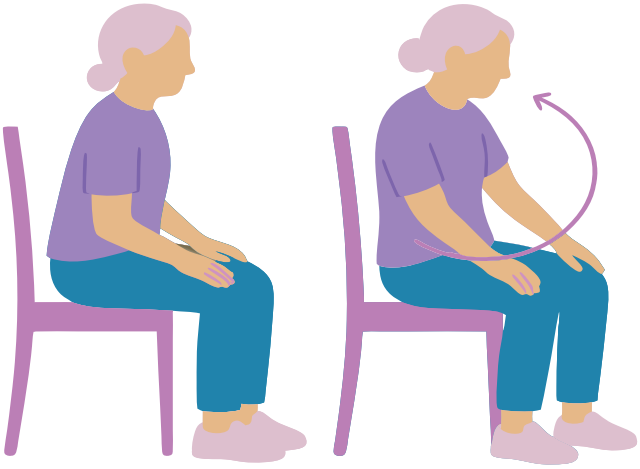
FREEDOM AND FLEXIBILITY!

Lower Back Pain

CHAIR EXERCISE

1. RHYTHM KNEE HOLDS

2. SHOULDER REACH + PULL



3. SEATED HULA HOOPS

4. UPPER BODY FLEXION

5. SHOULDER CIRCUMDUCTION

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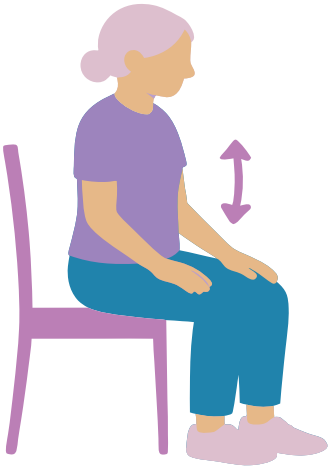
CHAIR EXERCISE

6. KNEE HOLD

7. CHEST OPENER

8. CAT COW

9. SCAPULA RETRACTIO + TWIST



10. SMALL PELVIC TILTS

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11. SPINAL TWIST

12. FIGURE 4 STRETCH

13. EXTERNAL ROTATION (HIP)

14. INTERNAL ROTATION (HIP)

15. SEATED MARCHING

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CHAIR EXERCISE

1. Rhythm Knee Holds

Benefits: Improves hip mobility, stretches hamstrings, and activates the core.

Step-by-Step Instructions

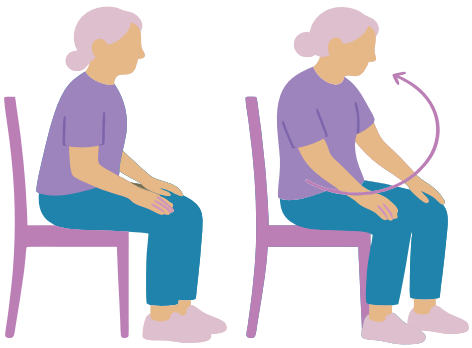
1. Sit tall at the center of the chair, feet flat.
2. Engage your core and lift one knee toward your chest.
3. Gently hug the knee using both hands.
4. Hold for 1–2 seconds, then lower your foot.
5. Alternate legs and repeat.

2. Shoulder Reach + Pull

Benefits: Relieves shoulder tension and improves upper back flexibility.

Step-by-Step Instructions

1. Sit upright and engage your core.
2. Reach both arms forward at shoulder height.
3. Pull one arm back while the other stays forward, twisting slightly.
4. Return to center and switch sides.
5. Repeat on both sides.



3. Seated Hula Hoops

Benefits: Loosens tight hips and supports lower back mobility.

Step-by-Step Instructions

1. Sit near the front edge of the chair.
2. Place hands on your knees and engage your core.
3. Begin making slow circular movements with your upper body.
4. Rotate clockwise, then switch to counterclockwise.
5. Repeat gently in both directions.

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4. Upper Body Flexion

Benefits: Releases tension in the upper and lower back.

Step-by-Step Instructions

1. Sit with feet flat and knees at 90 degrees.
2. Let your arms relax and hang toward your shins.
3. Slowly round your back forward, chin toward chest.
4. Pause briefly, then roll up to sitting tall.
5. Repeat with controlled motion.

5. Shoulder Circumduction

Benefits: Enhances shoulder joint range and posture control.

Step-by-Step Instructions

1. Sit tall with arms extended out to the sides.
2. Begin drawing small backward circles with your arms.
3. Gradually make the circles larger.
4. Switch direction and circle forward.
5. Return arms to sides and repeat.

6. Knee Hold

Benefits: Increases hip flexibility and gently stretches the lower back.

Step-by-Step Instructions

1. Sit upright in the chair with feet flat.
2. Lift one knee up and gently hug it using both arms.
3. Hold for 2–3 seconds.
4. Release and lower the leg.
5. Switch sides and repeat.

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CHAIR EXERCISE

7. Chest Opener

Benefits: Opens the chest and stretches tight shoulders.

Step-by-Step Instructions

1. Sit tall near the front of the chair.
2. Reach your arms behind and hold the chair back.
3. Pull shoulders gently together.
4. Open the chest while lifting the chin slightly.
5. Hold briefly, then release and repeat.

8. Cat Cow

Benefits: Improves spine mobility and stretches the entire back.

Step-by-Step Instructions

1. Sit at the front edge of the chair, hands on thighs.
2. Inhale and arch your back, lifting the chest and chin.
3. Exhale and round your spine, tucking your chin.
4. Move slowly between the two positions.
5. Repeat several times with breath.

9. Scapula Retraction + Twist

Benefits: Strengthens upper back and encourages spine rotation.

Step-by-Step Instructions

1. Sit upright and engage your core.
2. Pull both elbows back to squeeze shoulder blades.
3. While holding the squeeze, rotate your torso to one side.
4. Return to center and switch sides.
5. Repeat both sides.

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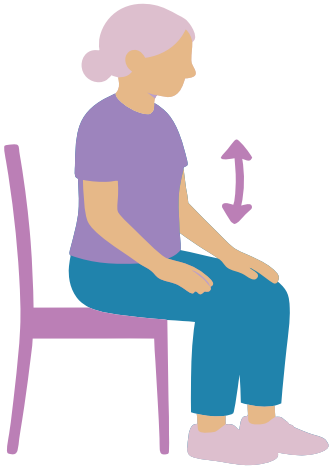
CHAIR EXERCISE



10. Small Pelvic Tilts

Benefits: Builds core control and eases stiffness in the lower back.

Step-by-Step Instructions

1. Sit upright with both hands resting on your thighs.
2. Tilt your pelvis slightly forward to arch your lower back.
3. Then tilt backward to round the spine gently.
4. Move slowly between both directions.
5. Repeat the motion with control.

11. Spinal Twist

Benefits: Relieves tension in the spine and improves trunk flexibility.

Step-by-Step Instructions

1. Sit tall with feet flat and arms relaxed.
2. Twist your upper body to the right, holding the chair back.
3. Hold for a few seconds while breathing deeply.
4. Return to center and twist to the left.
5. Repeat both sides.

12. Figure 4 Stretch

Benefits: Opens tight hips and stretches glutes gently.

Step-by-Step Instructions

1. Sit tall and cross your right ankle over your left knee.
2. Let the knee relax downward.
3. Gently lean forward from the hips.
4. Hold for a few deep breaths.
5. Switch sides and repeat.

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CHAIR EXERCISE

13. External Rotation (Hip)

Benefits: Improves hip mobility and joint rotation control.

Step-by-Step Instructions

1. Sit with both feet flat, knees bent.
2. Slowly open one knee outward to the side.
3. Keep the opposite foot and thigh still.
4. Return to the center.
5. Repeat on both legs.

14. Internal Rotation (Hip)

Benefits: Targets inner hip muscles and reduces stiffness.

Step-by-Step Instructions

1. Sit tall with knees bent at 90 degrees.
2. Gently rotate one knee inward, foot stays planted.
3. Pause briefly, feeling the hip engage.
4. Return to starting position.
5. Switch legs and repeat.

15. Seated Marching

Benefits: Boosts circulation, core stability, and hip flexor strength.

Step-by-Step Instructions

1. Sit upright near the chair's front edge.
2. Place hands on the chair or thighs for support.
3. Lift one knee toward your chest like marching.
4. Lower it and lift the other leg.
5. Continue alternating legs.