

# Lower Back Pain - Supportive Care & Stretching

Back pain is very common and often improves within 4–6 weeks with supportive care. These simple steps can help you recover more comfortably and quickly:

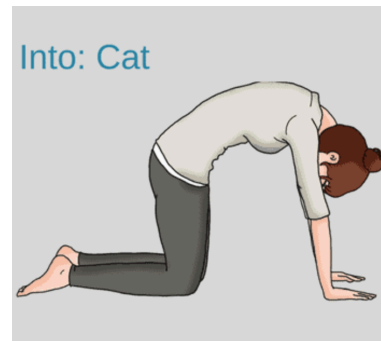
- **Stay active:** Gentle movement is key. Try to avoid long periods of sitting, which can cause stiffness and slow healing. Light walking or frequent position changes are helpful.
- **Use medications as needed:** You may take both **Tylenol (acetaminophen)** and **ibuprofen** together for pain relief, unless your provider has advised otherwise.
- **Stretch regularly:** Perform the included stretches **1–2 times per day**, holding each for **20–30 seconds**. Move slowly and don't push into pain.
- **Know when to seek care:** Contact a healthcare provider if your symptoms worsen, spread into your arms or legs, or are associated with **numbness, tingling, or weakness**.

**On the next pages, you'll find simple stretches designed to reduce stiffness, improve mobility, and support your back pain recovery.**

Take your time, breathe through each stretch, and focus on gentle, controlled movement.

**Start with the ones that feel easiest, and gradually work your way through the full routine 1–2 times daily.**

# Cat - Cow



- Start on your hands and knees in a tabletop position.
- Inhale as you arch your back, lifting your head and tailbone toward the ceiling (Cow Pose).
- Exhale as you round your spine, tucking your chin and pelvis (Cat Pose).
- Repeat for 30 seconds to 1 minute.

# Hip Flexor Stretch



- Start in a lunge position with your right foot forward and left knee on the floor
- Keep your torso upright and gently shift your weight forward until you feel a stretch in the front of your left hip
- Keep your pelvis tucked (don't arch your back)
- Hold for 30 seconds, then switch sides
- Repeat 2–3 times per side, 1–2 times per day

# Hamstring Stretch in Doorway



- Lie on your back near a doorway
- Place one leg straight through the doorway, resting it flat on the floor
- Raise your other leg and rest it against the wall or doorframe, keeping the knee straight
- Slide closer to the doorway to deepen the stretch
- Hold for 30–60 seconds, then switch legs
- Repeat 2–3 times per leg, 1–2 times per day

## Knee - To - Chest



- Lie on your back with both legs extended.
- Bring one knee toward your chest and hold behind your thigh or shin.
- Hold for 20-30 seconds, then switch legs.
- Repeat 2-3 times on each side.