

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:

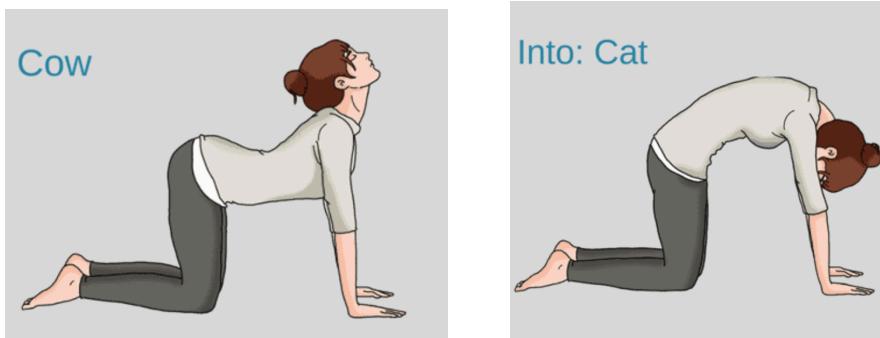
- **Stay active:** Gentle movement is key. Try to avoid long periods of sitting, which can cause stiffness and slow healing. Light walking or frequent position changes are helpful.
- **Use medications as needed:** You may take both **Tylenol (acetaminophen)** and **ibuprofen** together for pain relief, 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



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- 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.