

## List of Stretches For Lower Back Pain

Lower back pain has become a common condition that mainly affects people worldwide. It can be caused by a variety of factors, such as poor posture, muscle strain, and degenerative disc disease. One way to alleviate lower back pain is to perform stretches that target the affected area. Here we will advise you to read some of the best [stretches for lower back pain](#):

### Knee-to-Chest Stretch

The knee-to-chest stretch is a gentle stretch that helps alleviate lower back pain by stretching the muscles in the back and buttocks. To do this exercise, try to lie on your back and put your knees bent, try to put your feet flat on the floor. Slowly bring one knee to your chest, holding it with both hands for 15 to 30 seconds. Release and repeat with the other knee. You can also perform this stretch with both knees together.

### Child's Pose

Child's Pose is a relaxing yoga pose that stretches the back muscles and spine. To perform this stretch, start on your hands and knees with your hands slightly forward of your shoulders. Slowly lower your buttocks back towards your heels while reaching your arms forward. Hold this stretch for 30 seconds to a minute, taking deep breaths and relaxing the lower back.

### Cobra Stretch

The cobra Stretches For Lower Back Pain is a yoga pose that stretches the muscles in the lower back and abdomen. To perform this stretch, lie on your stomach with your hands under your shoulders. Slowly lift your upper body off the floor, using your arms to support your weight. Hold this stretch for 15 to 30 seconds, then slowly lower back down to the starting position.

### Cat and Cow Stretch

The cat and cow stretch is a gentle yoga pose that helps to mobilize the spine and stretch the muscles in the lower back. To perform this stretch, start on your hands and knees with your hands slightly forward of your shoulders. Slowly round your spine towards the ceiling, tucking your chin to your chest as you exhale. Then, slowly arch your spine towards the floor, lifting your head and looking up as you inhale. Try to do this thing several times a day,

### Pigeon Pose

Pigeon pose is a yoga pose that stretches the muscles in the hips and lower back. To perform this Stretches For Lower Back Pain, start on your hands and knees. Bring one leg forward and place the ankle in front of the opposite knee. Slowly lower your body towards the floor, reaching your arms out in front of you. Hold this stretch for 30 seconds to a minute, then switch to the other leg.

### Seated Forward Bend

The seated forward bend is a yoga pose that stretches the muscles in the lower back and hamstrings. For doing this activity, we will be happy to sit properly and put your legs spread in front of you. Slowly reach forward with your hands, trying to touch your toes. Hold this stretch for 30 seconds to a minute, taking deep breaths and relaxing the lower back.

### Spinal Twist

The spinal twist is a yoga pose that helps to mobilise the spine and stretch the muscles in the lower back. To perform this stretch, lie on your back with your arms extended out to the sides. Slowly bring one knee towards your chest, then rotate it across your body towards the opposite side. Hold this stretch for 30 seconds to a minute, then switch to the other side. Follow this exercise on daily basis and you will be able to get relief from the pain and make you more fit and fine.