

Carolina Orthopedics LLC

Lower Back Pain Relief Yoga Sequence

For lower back relief please do the following poses daily or at least after your workout. Breathe deeply in and out of the nose while doing these poses.

1. Supine Hamstring Stretch



Lying on your back, bend your right knee into your chest and place a strap or rolled-up towel around the ball of your foot. Straighten your leg toward the ceiling. Press out through both heels. If the lower back feels strained, bend the left knee and place the foot on the ground. *Hold for 3-5 minutes and then switch to the left leg for 3-5 minutes.*

2. Two-Knee Twist



Lying on your back, bend your knees into your chest and bring your arms out at a T. As you exhale lower your knees to ground on the right. Keep both shoulders pressing down firmly. If the left shoulder lifts, lower your knees further away from the right arm. *Hold for 1-2 minutes each side*

3. Sphinx



Lying on your stomach, prop yourself up on your forearms. Align your elbows directly under your shoulders. Press firmly through your palms and the tops of your feet. Press your pubic bone forward. You will feel sensations in your lower back, but breathe through it. You are allowing blood flow into the lower back for healing. *Hold for 1-3 minutes.*

4A. Pigeon



From all-fours, bring your right knee behind your right wrist with your lower leg at a diagonal toward your left hip. Square off your hips toward the ground. Bend forward. Widen the elbows and place one hand on top of the other as a pillow for your forehead. *Hold 2-3 minutes and then switch to the left side for 2-3 minutes.*

If pigeon pose bothers your knees, then do Thread the Needle.

4B. Thread the Needle



Lying on your back, bend both knees with the feet flat on the ground. Bend the right knee like a figure four, with the outer left ankle to the right thigh. Lift the left foot into the air, bringing the left calf parallel to the ground. Thread your right hand between the opening of the legs and interlace your hands behind your left thigh. *Hold 2-3 minutes and then repeat on the other side.*

5. Legs Up the Wall



Scout your buttocks all the way into the wall and swing your feet up the wall. This pose is excellent for relaxing the muscles of the lower back and drains stagnant fluid from the feet and ankles. Do this pose after a challenging workout and always after traveling by plane. *Hold for 5-10 minutes.*