

# American Chiropractic

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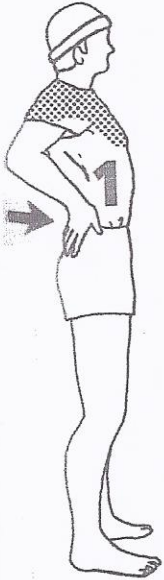
## Stretches for Lower Back Tension

Approximately 6 Minutes

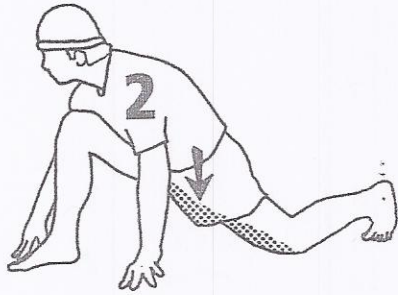
These stretches are designed for the relief of muscular low back pain and are also good for relieving tension in the upper back, shoulders, and neck. For best results do them every night just before going to sleep. Hold only stretch tensions that feel good to you. *Do not overstretch.*



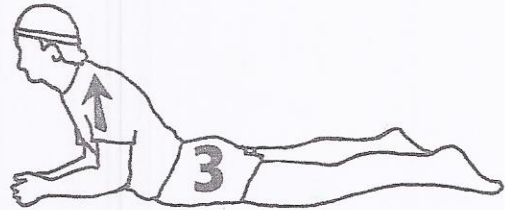
30 seconds



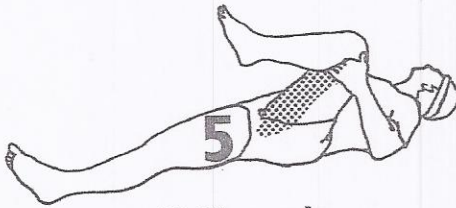
10-12 seconds  
2 times



15-20 seconds  
each leg



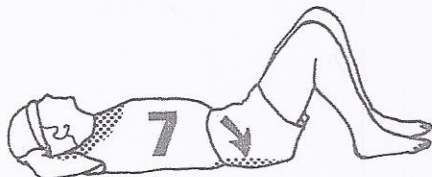
5-15 seconds  
2 times



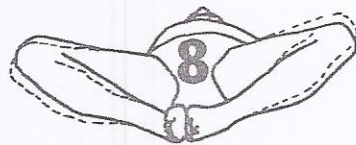
20-30 seconds  
each leg



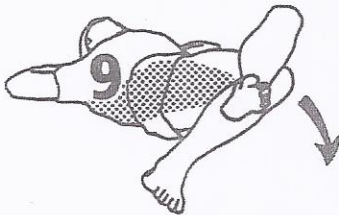
Contract 3-5 seconds,  
then relax  
2 times



Contract 5-8 seconds,  
then relax  
2 times



Rock gently back and forth  
15-20 times



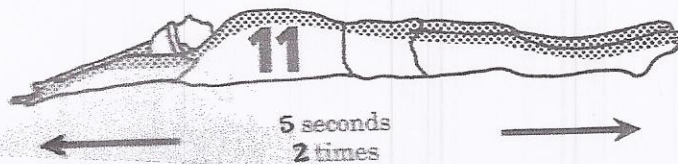
15-30 seconds  
each leg



10-15 seconds  
each leg



10-15 seconds  
2 times



5 seconds  
2 times