



PHYSICAL THERAPY & PERFORMANCE

LOW BACK HEALTH

FOR FITNESS ATHLETES

**Brought to you by the  
Doctors of Physical Therapy of  
Evolv Physical Therapy & Performance**

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## Welcome!

Thanks for joining us as we dive into low back health for fitness athletes. We're excited that you have trusted us and have decided to check out more about how you can continue to stay active, healthy and thriving. Check out the content and let us know what else we can do to help you. And as always, remember to...

**Train. Recover. *Evolv.***

## What to Expect...

The purpose of this ebook is to give you a few of our favorite low back self-treatment exercises Fitness Athletes. These exercises are great for full mobility and moving freely throughout your lower body. Click the photos for links to videos our YouTube channel.

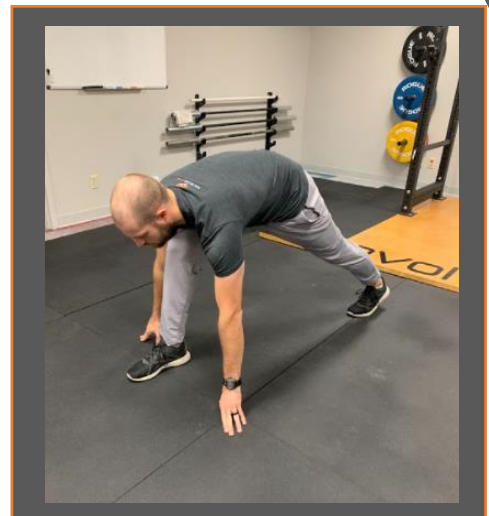
Use these movements as tools to help you improve your low back health and get back to doing what you love at the gym!



# Low Back Self-Treatment Exercises

## World's Greatest Stretch

- Lunge forward with your right foot. Bend forward and drop your right elbow toward your ankle.
- Rotate your hips and trunk to open up and reach up with your right arm/hand.
- Reset by repeating this sequence in reverse.
- With both hands on the ground again, shift your weight back to stretch your hamstrings.



- Alternate sides with each rep and complete 5 reps on each side.
- Keep a steady, smooth pace throughout the movement with pauses at each point of the stretch for 1) groin/hip opener, 2) hip/low back rotation and 3) hamstring stretch.
- Complete 2 sets of 5 reps on each side.



## Cat/Camel

- Start by getting onto your hands and knees, with your hands under your shoulders and your knees under your hips.
- Round your back and push it up toward the ceiling, pausing slightly at end range.
- Smoothly bring your back down toward the floor again to neutral. Pass through this neutral point and arch your back, pushing your belly down toward the floor and your butt up toward the ceiling.

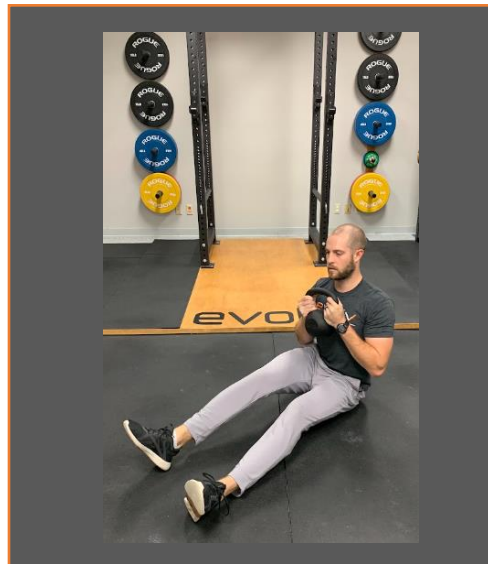


- Repeat this sequence of rounding and arching your back 10-15 times.
- Focus on smooth movement at each segment of your back, especially your low back.
- Complete 2 sets of 10-15 reps.



## Quadratus Lumborum (QL) Walk

- Sit up tall with your legs on the floor out in front of you.
- Lift your hip/leg and “reach” forward with it like you are stepping forward.
- Repeat this with the other leg, like you are walking.

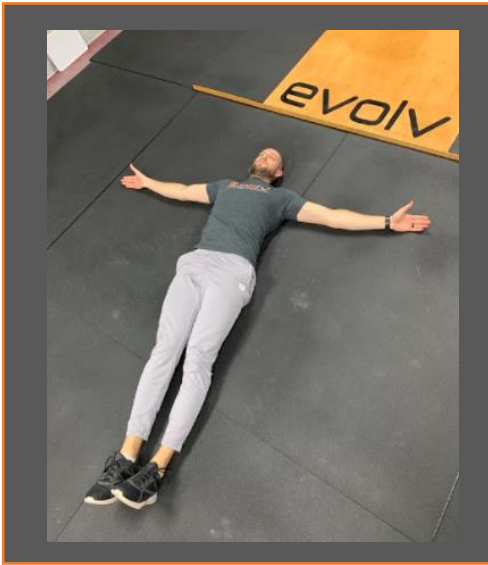


- You can add a kettlebell or other form of weight to this exercise for added load/challenge.
- “Walk” forward for 10-20 steps and then repeat the sequence in reverse to “walk” backward for the same amount of steps.
- Complete 2 sets of 10-20 steps on each side.



## Supine Lumbar Rotations

- Lay on your back with your arms out to the sides and legs straight out.
- Take one knee/leg and reach over the other leg toward your opposite arm.
- Bring that leg back to the starting position. Then, reach with the other leg toward the other arm.



- Pause briefly at the end of the range of motion and hold a comfortable stretch.
- You can add more of a stretch by using your hand to gently press your knee further to the floor.
- To emphasize the stretch in the low back, make sure that your back/shoulder blade does not come up.
- Complete 2 sets of 5-10 reps on each side.



## Want More?

We can help with that. We love working with people that want more!

We offer lots of ways to help you achieve more...

- Contact us to setup your Initial Evaluation
  - Evolv Physical Therapy & Performance Clinic - Grafton
    - Dr. Matt Paluchniak .....(262) 235-3585
    - [Matt@evolv-pt.com](mailto:Matt@evolv-pt.com)
  - BrewCity CrossFit – Milwaukee
    - Dr. Erik Gregersen .....(314) 283-4459
    - [Erik@evolv-pt.com](mailto:Erik@evolv-pt.com)
  - [www.evolv-pt.com](http://www.evolv-pt.com)
- Attend one of our workshops at our Grafton clinic or a gym near you
- Contact us about other issues that you are having with your workouts or at the gym so that we can help get you back to doing what you love without nagging injuries or worries
- Follow us on social media using the icon links at the bottom of each page for frequent content, updates and more!
- And as always, remember to...

Train. Recover. **Evolv.**

