

# Low Back Health for Fitness Athletes

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Presented by the  
Doctors of Physical Therapy of

**evolv**

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PHYSICAL THERAPY & PERFORMANCE

# Table of Contents

Welcome and What to Expect.....3

Low Back Mobility.....4-6

World's Greatest Stretch.....4

Cat/Camel.....5

Supine Lumbar Rotations.....6

Low Back Strengthening.....7

Chinese Plank.....7

Want More?.....8



# Welcome!

Thanks for joining us as we dive into Low Back Health for Fitness Athletes.

We're excited that you've decided to check out more about how you can stay healthy, fit and thriving related to your low back! We're also honored that you've trusted us to come along side you for this journey.

Check out the content in this ebook and let us know what else we can do to help you. And, as always remember to...

Train. Recover. **Evolv.**

## What to Expect...

In this ebook, we'll specifically be speaking to mobility and strengthening as they relate to Low Back Health for Fitness Athletes.

We'll begin with the mobility exercises. These will help you understand where you need to focus your attention and dial in your mobility.

From there, we'll move into strengthening. This will give you a starting point for strengthening your low back.

**Enjoy!**



# World's Greatest Stretch

- Begin in a tall plank position and bring your RIGHT foot up next to your RIGHT hand.
- Rotate your trunk to the RIGHT to open your chest and reach for the ceiling with your RIGHT hand.
- Bring your RIGHT hand back down to the ground and rock your weight back until you feel a stretch in your RIGHT hamstring.
- Repeat these steps for your LEFT side.



- Complete 2 sets of 5-10 reps for each side while breathing easy and gradually moving into a greater stretch as able.

[CLICK HERE to watch the video](#)



# Cat/Camel

- Begin on your hands and knees. Arch your low back and push your belly button down toward the floor.
- Reverse the arch in your back to a rounded or hollow position.
- Move back and forth through these two positions, pausing slightly at the end of each motion.
- Make sure that you are getting the motion from your low back and not just from your thoracic region or mid/upper back.



- Complete 2 sets of 10-20 reps of each motion while breathing easy and gradually moving into a greater stretch.

[CLICK HERE to watch the video](#)



# Supine Lumbar Rotations

- Begin by laying on your back. Lift your LEFT leg over your RIGHT leg allowing your trunk to rotate.
- Feel the stretch in your low back and add pressure on the back of your LEFT hip with your LEFT hand to increase the stretch.
- If needed, add pressure on your LEFT knee with your RIGHT hand for even more of a stretch.
- Bring your LEFT leg back to the starting position and rotate your trunk back to neutral. Repeat the same movement to the RIGHT.



- Complete 2 sets of 10-20 reps on each side while breathing easy and gradually moving into a greater range of motion and/or stretch as needed.

[CLICK HERE to watch the video](#)



# Chinese Plank

- Lay on your back. Place your hands on the floor behind you.
- Lift your hips up toward the ceiling making sure not to arch your low back. Hold this plank position.
- If needed, modify the position using a bench, box or couch. Keep in mind that the more horizontal your body is the more challenging the variation will be and the more vertical your body is, the easier it will be.



- Complete 3-4 sets of 30-60 second holds. Rest as needed between each set to be able to hold for a similar duration in each set.

[CLICK HERE to watch the video](#)



# Want More?

We can help with that.

We love working with clients that want more!

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

- Contact us to schedule an Initial Evaluation session to get out of pain, figure out the root cause of your issue and set up a plan for long term success without frustrating and nagging injuries
  - 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)
- Attend one of our workshops at our Grafton clinic or a gym near you.
- Follow us on social media using the icon links on the bottom of each page for frequent content, updates and more!

And as always, remember to...

Train. Recover. **Evolv.**

