

29 Lower Back Stretches Inspired by Yoga to Help Relieve Lower Back Pain

Lower back pain is a common ailment that affects millions of people worldwide. It can range from mild discomfort to severe, debilitating pain that interferes with daily life. While there are many causes of lower back pain, one common culprit is tight or inflexible muscles in the lower back, hips, and legs.



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★★★★☆ 4 out of 5

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Yoga is an ancient practice that has been shown to improve flexibility, reduce pain, and promote relaxation. Certain yoga poses can specifically target the muscles that are often responsible for lower back pain. By incorporating these poses into your daily routine, you can help to relieve pain, improve mobility, and prevent future episodes.

Here are 29 yoga-inspired stretches that can help to relieve lower back pain:

1. Child's Pose



Child's Pose is a gentle stretch that helps to lengthen the spine and relax the lower back muscles. To do Child's Pose, kneel on the floor with your knees hip-width apart and your toes pointed. Sit back on your heels and

fold forward, resting your forehead on the floor. Hold for 30 seconds to 1 minute.

2. Cat-Cow Pose



Cat-Cow Pose is a dynamic stretch that helps to mobilize the spine and improve flexibility. To do Cat-Cow Pose, start on your hands and knees with your hands shoulder-width apart and your knees hip-width apart. Inhale,

arching your back and lifting your head and tailbone. Exhale, rounding your back and tucking your chin to your chest. Repeat 10-15 times.

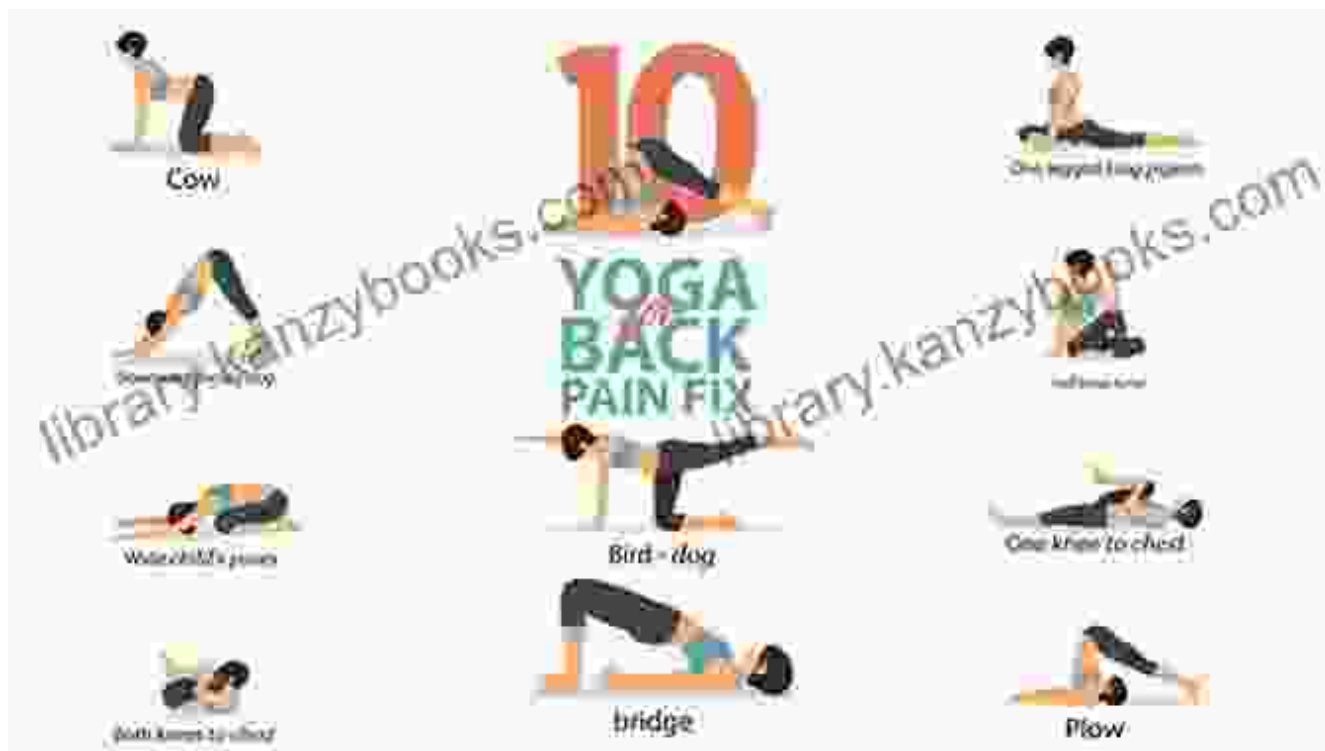
3. Cobra Pose



Cobra Pose is a back-bending stretch that helps to strengthen the lower back muscles and improve posture. To do Cobra Pose, lie on your belly with your legs extended behind you and your feet flexed. Place your hands

palms down under your shoulders. Inhale, lifting your upper body and head off the floor. Hold for 30 seconds to 1 minute.

4. Downward-Facing Dog



Downward-Facing Dog is an inversion that helps to decompress the spine and stretch the hamstrings and calves. To do Downward-Facing Dog, start on your hands and knees with your hands shoulder-width apart and your knees hip-width apart. Tuck your toes under and lift your hips up and back, forming an inverted V-shape with your body. Hold for 30 seconds to 1 minute.

5. Upward-Facing Dog

9 Yoga Poses To Reduce Lower Back Pain, Tension, And Stiffness



Butterfly Pose



Bridge Pose



Cat Pose



Cow Pose



Cobra Pose



Downward Facing Dog Pose



Locust Pose



Pigeon Pose



Triangle Pose

Upward-Facing Dog is a counterpose to Downward-Facing Dog that helps to stretch the chest and abdomen and strengthen the back muscles. To do Upward-Facing Dog, lie on your belly with your legs extended behind you and your feet flexed. Place your hands palms down under your shoulders. Inhale, lifting your upper body and head off the floor. Hold for 30 seconds to 1 minute.

6. Bridge Pose



Bridge Pose is a hip-opening stretch that helps to strengthen the lower back muscles and glutes. To do Bridge Pose, lie on your back with your knees bent and your feet flat on the floor. Press your feet into the floor and lift your hips up until your body forms a straight line from your shoulders to your knees. Hold for 30 seconds to 1 minute.

7. Kneeling Hip Flexor Stretch



The Kneeling Hip Flexor Stretch helps to stretch the hip flexors, which are often tight in people with lower back pain.



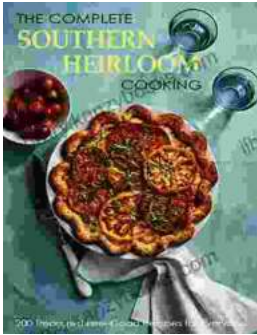
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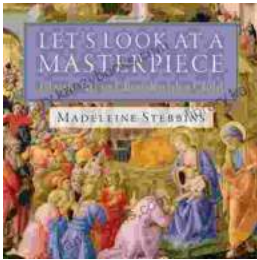
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