

Low Back Stretching



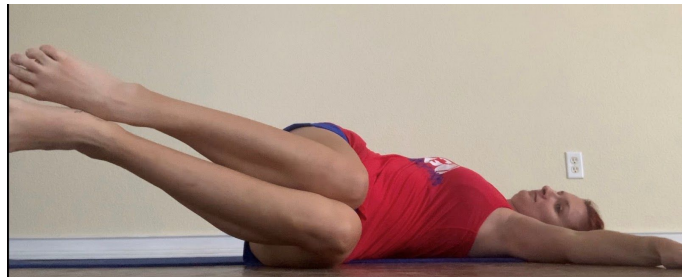
Next to Christmas, Rivalry is my favorite week of the year! I'm so excited to get to be playing right now. After this past week, I think the biggest occurrence I'm seeing, besides overall soreness, is low back soreness and tightness. This is to be expected after having little to no activity for so long, along with zero contact. The body is trying to get back into football playing shape and is a little sore from doing so. I wanted to share 5 of my favorite low back stretches to aid with this.

1. Lying Hamstring stretch



This stretch is similar to the sitting hamstring stretch, but is focusing on one leg at a time. You can utilize a towel around the house for this. The towel goes around the arch of the foot and is held by both hands. As we slowly raise the leg, we again want to ensure the leg is completely straight.

2. 90/90 Rocks



Laying on our back, with arms out to the side, we lift our legs off the ground and bend them to a 90° angle, matching the 90° angle of the hips. Slowly lower to one side, and then raising to lower the other side. This will put some motion into the spinal column itself, allowing the muscles that connect to activate and loosen

3. Downward dog → Cobra



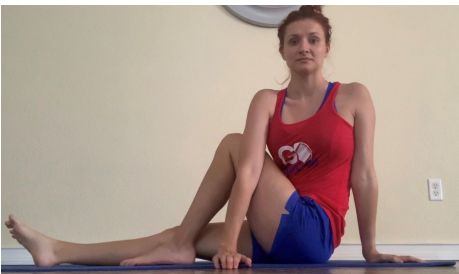
Downward dog is a modified plank position with hips in the air. When we lower our hips to the ground and lift our chest, we've moved into cobra. This is meant to be slowly moving throughout. If cobra is uncomfortable, push up on your hands, you can modify it by being on your elbows.

4. Child's Pose



This is one of the most restorative poses there is for the body. The key here is to make sure the laces, or top of the foot, is flat to the ground to unload the toes, and the knees are wider than the hips. Slowly lower your hips to your heels and allow your arms to be straight out in front of you.

5. Seated Twist



For this stretch, we start with sitting with legs straight out in front. Bend one of your legs, placing the sole of your foot flat on the ground. Then twist towards the bent leg, bringing the opposite elbow over. The key to this stretch is sitting as straight up as possible.

All stretches should be held for about 20 seconds and can be done 1-2 times a day.

Reminder that evaluation and treatment time is always 30 minutes prior to practice at the fieldhouse and by appointment via communication in the afternoon.

If you need anything, please don't hesitate to reach out

Go Mustangs,

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