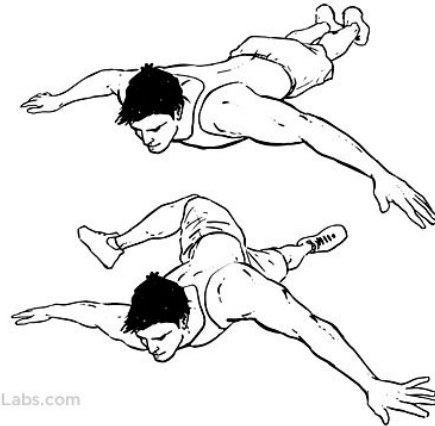


DM Acupuncture, lowerback rehab exercises

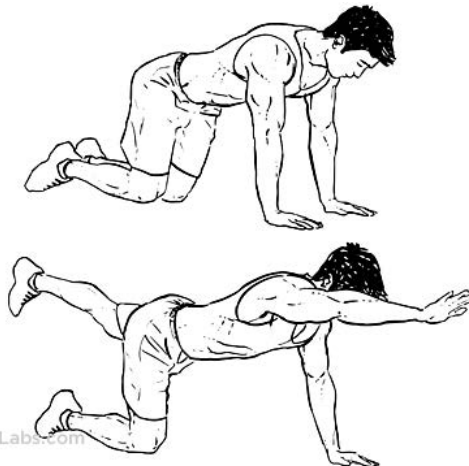


The following exercises for strengthening the lower back and increasing mobility of the SI (sacro iliac joint)

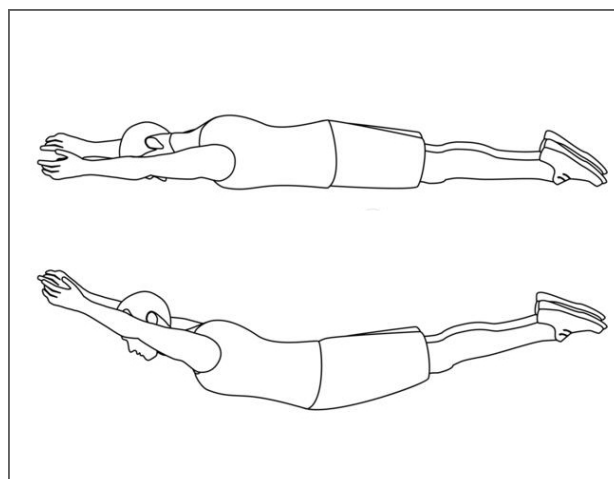
- Scorpion stretch, do on both sides, 5-8 repetitions. Try to keep shoulders as close to the ground as possible. (video reference: <https://www.youtube.com/watch?v=NSLDV4N5GI4>)



- Bird Dog Pose, keep the spine straight, do not rotate your shoulders or hips. Do 2 to 3 sets of 8 to 12 repetitions. details: <https://www.healthline.com/health/bird-dog-exercise#how-to-do>



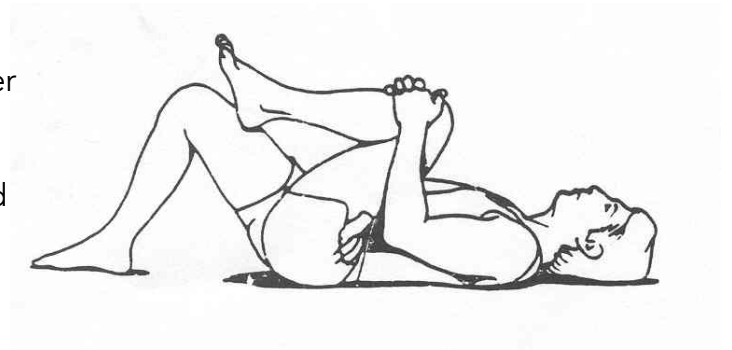
- Superman exercises: strengthen lumbar area and spinal erectors. Do 2-3 sets of 10, while hold at the extended position for 1 second each rep.



- Adduction Squeeze, you can use a rolled up towel or socks. Gently squeeze and hold for a 5 seconds, and release. Do 10-20 repetitions. Coordinate the squeezes with your exhale, and the releases with your inhale



- Lie on your back with your legs extended and back straight. Keep you hips level and your lower back down on the floor. Bend your right knee and hug your knee towards your chest, placing hands on your right leg. Then breath deeply and hold this position for 10-30 seconds. Now, relax and lower the knee to starting position and repeat on opposite side.



Additional stretches and exercises for sacroiliac joint pain

<https://www.verywellhealth.com/sacroiliac-joint-pain-moves-296392>