

Every metric reviewed indicates low back pain is a common issue among ESHCA members. Health insurance data demonstrates a significant amount of spend on doctor's appointments and medication to reduce low back pain. Additionally, nearly 75% of those that fill out the annual General Health Assessment indicate they have low back pain regardless of job type (office staff, operator, laborer, etc.).

1) Piriformis Stretch:

- a. Sit on a chair or lie on your back.
- b. Cross your left leg over your right, placing your left ankle just above your right knee.
- c. Grasp your left ankle with your left hand and your left knee with your right hand; gently pull your knee toward the center of your chest and slide your ankle up your thigh toward your hip.
- d. Rotate your shoulders slightly to the left as you pull so your knee is centered with the middle of your chest.
- e. You should feel the stretch in your left glute (buttocks).
- f. Hold for 15 – 30 seconds, repeat 1-3 times.
- g. Repeat on the right leg.



2) Quadricep stretch:

- 1) Stand facing an object you can hold onto (wall, chair, truck, etc.).
- 2) Lift your left foot so your heel moves closer to your buttocks.
- 3) Hold your left ankle using your left hand.
 - a. If you cannot reach your ankle, duplicate the position by placing your foot on a chair, bumper, bed, etc.; or have someone hold your foot in place for you.
 - b. I find it easiest to slide my fingers into the back of my shoe.
- 4) Feel the stretch in the front of the thigh.
- 5) Hold for 15-30 seconds, repeat 1-3 times.
- 6) Repeat on the right leg.



For a complete lower body stretch, add these 2 stretches to the “Legs Up the Wall” hamstring stretch from last month.

Steps to receive the incentive:

- 1) Complete the two stretches on 12 separate days.
- 2) Download and fill out the “Piriformis and Quadricep Stretch Log”
 - If you do not have the means to download the log, make your own and send it in, I will take it!
- 3) Return the log by 9/15/20 via email (good cell phone picture works), mail or fax.
- 4) Reminder: although all in your family are encouraged to participate only one \$25 incentive card can be sent to the member-household with the exception that more than one member lives in the household.
- 5) Make these stretches a healthy habit!