

> Back-fixing Tips

TREATMENTS WILL VARY depending on your lower back injury. Carla Brash, an athletic therapist in Kingston, Ont., recommends the following stretches and exercises to keep your back, hips and legs strong to prevent injuries:



1. GLUTE STRETCH

While lying on your back, bend your legs and cross one leg over the other at the thigh with a bent knee. Bring the bottom leg towards your chest.



2. PSOAS STRETCH/ SUPERMAN

In the lunge position, while keeping your back straight, lean forward with your hips towards the front leg. Raise your arm in the air (same arm as the back leg).



3. HAMSTRING STRETCH

Straighten one leg while standing, elevate the foot (using a step for support) and point your toes up. Lean forward at your hips and reach towards your foot. Keep your back straight.



4. MONSTER WALK

Put a band around your legs, above your knees. With your knees bent, rotate your foot out and step to the side. Bring your legs back together slowly. Put a med ball in your hand to make it harder.



5. CAT STRETCH

On your hands and knees, arch your back and tuck your chin into your chest.