

Here is a tip.

In my 25 years of helping people to live a pain free life, I have observed that 60-70% of the low back pain that I treat is originating with tight, short muscles on the front side of the body. These muscles are the quadriceps and the psoas.

Let me explain how muscles that do not hurt (quads & psoas) are causing pain on the other side of the body (low back). The quads & psoas are hip flexor muscles, which in simple terms help you to bend forward. When these muscles are too short, and tight they then pull your pelvis forward. This tilting of the pelvis causes a compression in the low back and the resulting pain. That pain you feel is the symptom, but the cause is often the hip flexor muscles. To test if your low back pain is caused by tight hip flexor muscles, lie down flat on your back. This position will often make it feel worse after a while. Then bend your knees so that your feet are flat on the floor. This will take the strain off the quadriceps and psoas. Does that make your back feel better? If it did, then you have tight hip flexors.

Bending your knees will help with your symptom, but to correct the cause you must start to stretch your quadriceps and psoas. An easy runners stretch will do for the quads. From a standing position, reach back and grab your ankle. Pull the heel of that foot towards your butt. You should feel the stretch on the front part of the thigh. Hold for 30 seconds and repeat on the other side. Be careful not to stretch too deeply. If the stretch is hurting your back or knee, it is too deep. Do this exercise about 5 times a day until your back starts feeling better. This can sometimes take a couple of months or more to retrain the muscles.

Also stretch your psoas 5 times a day for 30 seconds each time. A simple standing or kneeling lunge is an easy way to stretch the psoas. Make sure the stretch is not causing you to experience pain. It should feel good. Stretching too deeply can make the back pain worse.,

It is also extremely critical that you do not stretch your hamstrings, as that is counterproductive. When the pelvis is tilted forward the hamstrings will feel real tight, but they are an over stretched tight. Think of an over stretched rubber band. It is tight, but stretching it actually makes it tighter.

Consistent, gentle stretching of the quadriceps and psoas often will dramatically reduce or eliminate your low back pain. If the pain still persists, see your health care provider to gain more insight into your condition.

You can read more about low back pain and many other conditions in my book Live Pain Free without Drugs or Surgery available on [amazon.com](https://www.amazon.com).