

Tennessee Back Pain Center

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Captain Morgan Stretch – Exercise Instructions

- This exercise is performed standing, with one foot up on a chair
- Place your hands on your low back
- Lunge forward with your hips, as you lean backwards with your back
 - Hold for 1-2 seconds.
- Return to the starting position.
- Repeat 10 times. Then switch legs
- Perform this exercise 3x per day OR as prescribed by your doctor.
- Note:
 - This exercise is more of a stretch than a strengthening exercise
 - You should feel this stretch in the front of your hip and in your low back. If you are experiencing pain or discomfort elsewhere, please stop and consult your doctor.
 - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.



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