

Back/Hip Stretch



Quadratus Lumborum (Q.L.) Erector Spinae Stretch over the ball

Step 1: Lie on side over ball, one hand on floor for support

Step 2: Keep hips square, legs straight

1. Stretch other arm overhead for 2 seconds

Step 3: Repeat stretch 2-3 times

Muscle Energy Technique(M.E.T.): On the side that you are stretching gently pull your shoulder and hip toward each other, hold for 3 seconds and return to stretch.