

## Back/Hip Stretch



### Q.L. / Erector Spinae Stretch

Step 1: Stand lift both arms overhead; arm on side to be stretched is straight

Step 2: Bend other arm, grasp straight arm just above elbow

Step 3: Lift straight arm up, turn 45° toward that side

Step 4: Bend sideways to opposite side for 2 seconds.

Step 5: Repeat stretch 2-3 times

1. Enhancement - If you don't feel a stretch then cross opposite leg in back of other leg.
2. Muscle Energy - Gently pull your hip toward your shoulder, hold for 3 seconds and release and stretch.