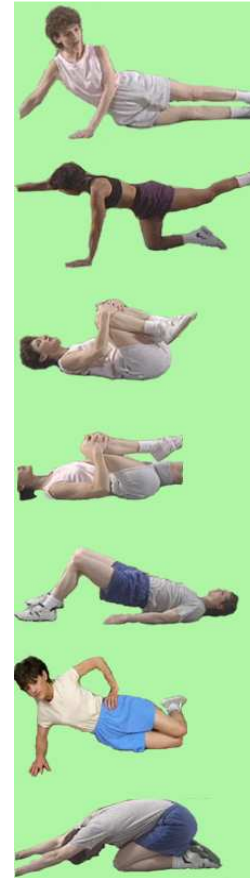


STRENGTHEN YOUR LOWER BACK

(Quadratus Lumborum)

IRINA SHULKIN, LMT

Treatment might include: Massage with Hot Stones and Steam Towels
compression with Trigger point therapy



Quadratus lumborum stretch

Lay on one side. Extend the arm to raise the upper body from the floor. Keep the trunk and lower body in a straight line and relax the low back and lower body.

Hold 30 s. 3x

Abdominal hollow exercise.

Hands beneath the shoulders, knees beneath the hips. Draw in the abdomen and breathe. Slide one leg straight out and straighten behind you. Prevent the low back from bending by bracing the abdomen. *Hold 10 s*

Stretch Lumbar Spine Muscles

Lay flat with the knees bent. Bring one knee to the chest Hold for ten seconds. Repeat with both legs together. Repeat entire process, but draw knee to the opposite shoulder. Shoulders facing forward.

Duration: 30 s. Repeat 2-3 x.

Pelvic Bridges - stability

Begin with feet flat on the floor. Lift the buttock from the floor.

Low back should be neutral. *Hold for 10 s. Repeat 10 x.*

Quadratus Lumborum Strengthening

Begin by lying on one side with both knees bent. Brace the abdominal muscles. Slowly raise the pelvis from the floor. Intensify by performing with the legs straight.

Hold for 10 s 10 x

Prayer Stretches for the Lumbar Spine

Kneel with your hands flat on the floor and reach overhead to stretch entire spine. Perform a slight posterior pelvic tilt. Next, sit back onto your heels to increase the stretch. To increase stretch on one side, reach toward the opposite side before sitting back. *Duration: 30 s. Repeat 2-3 x*