

SPINAL ERECTORS (LUMBAR EMPHASIS)

OPTION 1



OPTION 2



OPTION 3



INSTRUCTIONS

Option 1 : Lying on the floor place your feet on a chair or couch. Your hips should feel like they are being slightly lifted off the floor by being in this position, if not, elevate your feet more by placing a pillow under your legs.

Option 2 : Lying face down over a ball or with your lower body hanging off the edge of the bed, simply relax and let gravity pull your lower body to the ground creating a stretching sensation in your lower back. Keep both feet and hands in contact with the resting surface.

Option 3 : Laying on your back with both your hips and knees bent to 90 degrees. Maintaining the that leg position, roll your lower body to one side. Use pillows to support yourself in a position of comfort if you cannot

Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / ____x/wk



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