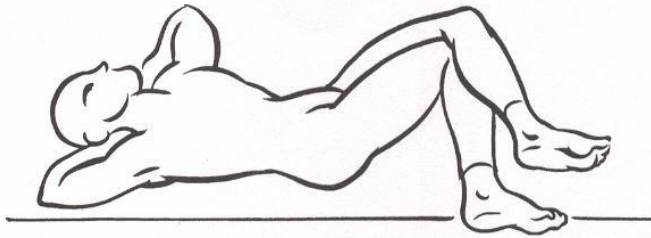


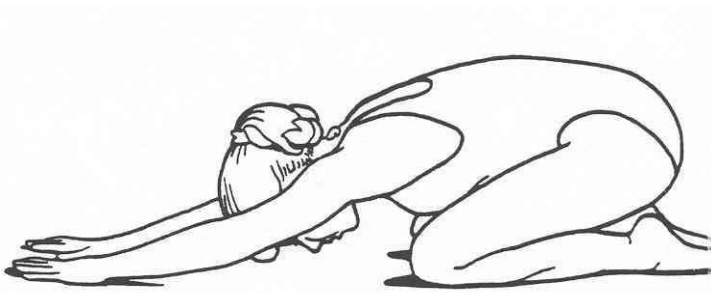
Quadratus Lumborum



Lie on your back on a firm surface. Keep one leg straight. Bend the other knee up toward your chest. Wrap your arms around your knee and gently pull it closer to your chest until you feel a strong pull along your low back on the same side. Hold this position. Repeat on other side. Progress this exercise by pulling both knees in toward your chest at the same time



Lie on your back on a firm surface. Bend your knees and put your feet flat on the floor. Keeping your shoulder blades on the ground, squeeze your knees together and slowly lower them to the left side until you feel a stretch in the right side of your low back. Take the leg closest to the ground, and hook it over the other leg to help pull your leg over and down. Try to keep your hips on the floor and not rotate your back when you stretch. Hold this position. Return back to center and repeat on the other side.



Kneel on a firm but padded surface or exercise mat. Sit back on your heels. Lean forward and rest your chest on your knees. Tuck your chin down toward your chest. Reach your hands forward over your head. Walk your fingers out in front of you until your elbows are resting on the ground.