



Seated Lumbar Flexion Stretch



Setup: Begin sitting in a chair with your knees spread apart.

Movement: Bend forward, letting your arms hang toward the ground until you feel a stretch in your lower back.

Tip: Make sure to keep your movements slow and controlled and do not rise up off the chair when you bend forward.

Child's Pose with Sidebending



Setup: Begin on all fours.

Movement: Sit your hips back as you reach your hands forward and to the side, then continue to sink further into the stretch. Hold, then repeat to the other side.

Tip: Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.

Self Traction Sitting



Setup: Begin sitting in a chair with your hands placed on the armrests or on the seat.

Movement: Gently push down with your hands, shifting your weight to your arms until you feel relief.

Tip: Rise slightly from the chair if needed.

Seated Quadratus Lumborum Stretch in Chair



Setup: Begin sitting upright in a chair.

Movement: Lean forward with your weight on your forearms. Keeping the weight on one arm, reach across in a diagonal with your opposite arm and hold. Sidebend towards the reaching hand. Repeat with your other arm.

Tip: You should feel a stretch in the low back on the opposite side of your stabilizing arm.

Supine Dead Bug with Leg Extension



Setup: Begin lying on your back with your knees bent and feet flat on the floor.

Movement: Tighten your abdominals, lift both legs to a 90 degree angle and your arms up toward the ceiling. Slowly lower one arm overhead and straighten your opposite leg at the same time. Return to the starting position and repeat with your other arm and leg.

Tip: Make sure to keep your abdominals tight and back flat on the floor during the exercise.



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