



LUMBAR SPINE MOBILTY



SUPINE LYING KNEE HUGS



- 1. Start lying on your back with your legs out straight**
- 2. Slowly bend up one of your legs towards your chest and hold thigh against chest, while keeping other leg straight**
- 3. Hold for 30 seconds**
- 4. Repeat on other leg**
- 5. Progress to both legs being held against chest**



CHILDS POSE



- 1. Start on your hands and knees on the floor (Knees under hips, hands under the shoulder)**
- 2. Exhale and slowly lower your hips towards your heels and lower your forehead to the floor with the palms of your hands and forearms on the floor beside your head**
- 3. Breathe slowly with each exhale move deeper into the position**
- 4. Repeat for 8 breath**



HOOKED LYING PELVIC TILTS



- 1. Start lying on your back with your knees bent so that your feet can rest comfortably on the floor**
- 2. While keeping your glutes on the floor slowly rotate your hips forward thus lifting your lower back off the floor**
- 3. Slowly rotate your hips back towards your head thus pushing your lower back into the floor**
- 4. Repeat for 20 repetitions**



4-POINT PLANK



- 1. Start on your hands and knees on the floor (Knees under hips, hands under the shoulder)**
- 2. Find your neutral position by rotating hips forwards and backwards and settle for the middle position**
- 3. In neutral position, brace core and slowly lift knees off of the ground a couple of inches**
- 4. Hold for 10 seconds, lower down, reset and repeat**



LUMBAR EXTENSION STRETCH



- 1. Start lying on your stomach with your legs out straight**
- 2. While keeping your hips on the ground, use your hands to push your torso up**
- 3. This should create a stretch of your lower back while not causing any pain**
- 4. Hold for 5 seconds and repeat**