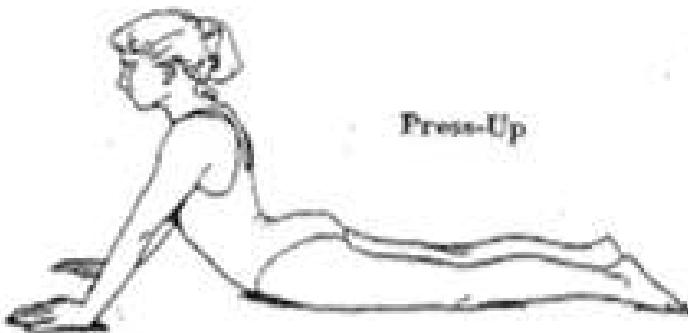




Slowly push pelvis downward while slightly arching back until a stretch is felt on front of hip.



Reach down along leg until a comfortable stretch is felt in back of thigh. Be sure to keep knee straight.



Press upper body upward into position shown, keeping hips in contact with floor. Keep low back and buttocks relaxed.

**Lower Back 2:  
Lumbar Rotation**



Lie on back with **RIGHT / LEFT** knee drawn toward chest. Slowly bring bent leg across body until a stretch is felt in lower back/hip area.



Keeping back leg slightly bent, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in the calf.



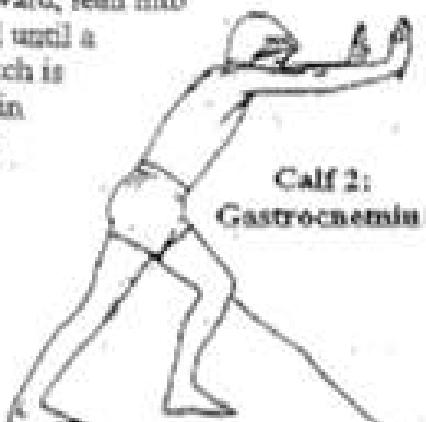
Pull heel toward buttock until a stretch is felt in front of thigh.

# Stretching

Hold for 20-30 seconds.  
Repeat 1-4 times.



Cross legs with involved leg on top. Gently pull opposite knee toward chest until a comfortable stretch is felt in the buttock/hip area.



Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.