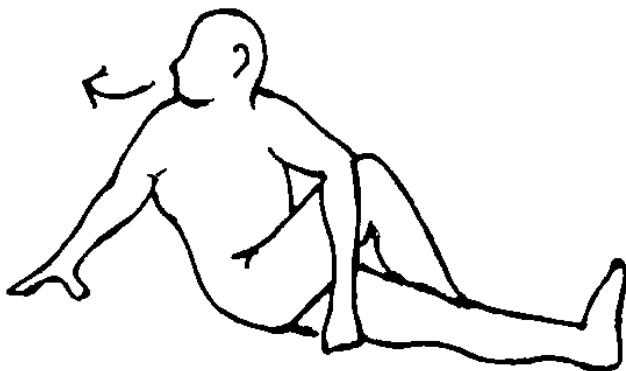
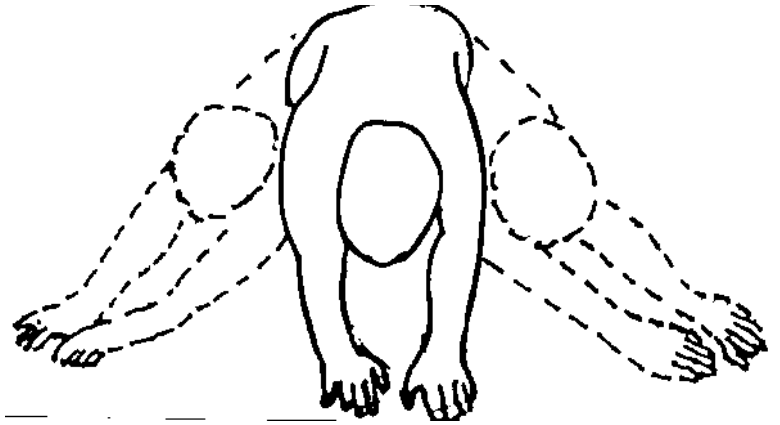


#### Lower and mid back

**Position:** Kneeling on the floor keeping your bottom on your heels.

**Instruction:** 1) Walking your hands along the ground in front of you, reach as far forward as you can without your bottom coming off your heels. 2) Slowly walk your hands to your left as far as you can go, until you feel a stretch in the right side of your back. Hold this position for 10 seconds. 3) Walk your hands as far to the right as you can, until you feel a stretch in the left side of your back and hold this position for 10 seconds.

**Repetitions:** 3 times each side.



#### Lower back and bottom

**Position:** Sitting on the ground with your left leg straight along the ground and your right leg bent and your right foot over the other leg.

**Instruction:** 1) Cross your left elbow over your right knee and place your left arm behind you to provide support and balance. 2) Put a little amount of pressure on your right knee with your left elbow and twist your body slowly to the right.

**Repetitions:** Hold each stretch for 20 seconds and repeat 3 times each side.

#### Quadtraus Lumborum

**Position:** Lying on your back with your knees bent and your arms or a pillow supporting your head.

**Instruction:** 1) Cross the right knee over the left. 2) Keep the left foot on the ground. 3) Using your right leg, pull your left knee towards the floor while keeping both sides of your lower back on the floor. Feel a stretch in the left hip and lower back.

**Repetitions:** Hold each stretch for 20 seconds and repeat 3 times each side.



**NOTE:** *Stretching should NEVER be painful, if you experience pain stop immediately and speak to a Myotherapist before resuming.*