

THERAPEUTIC STRETCHES: LUMBAR AND SACRO-ILIAC AREAS:

These are best accomplished by wearing loose clothing.

This series should be done at least three times a day.

- Lie face down, prone position.
- Bring both hands up to shoulder area, palms down/flat, approximately shoulder width apart, or closer.
- Using arm and chest strength, push your shoulders and chest area up off the surface you are lying on, while keeping your pelvis on that surface. The more you can relax the muscles of your low back and buttocks during this maneuver, the better. The more you raise your torso and chest up and forward, the better.
- If you experience severe sharp pain, or sharp/shock pain into your legs, stop.
- Hold this position for at least 15 seconds, or three deep breaths. With each exhalation, attempt to move your torso further and further back/up straighter from your stretching surface.
- After three breaths, lower your torso to the stretching surface. Repeat this maneuver, at least three times total attempting to get more extension each time.

