

LOW BACK EXTENSIONS AND PSOAS MUSCLE STRETCH

NON-WEIGHT BEARING

- Lie on a comfortable but firm elevated surface, which will be able to hold the weight of your upper body without deforming greatly.
- Move your body to allow the leg that is not to be extended to drop off the side, preferably to rest on the floor.
- Raise your torso/upper body using your extended arms, without engaging muscles of your low back. Take three very deep breaths and relax your low back as much as possible each time you exhale.
- Repeat this three times, then get up carefully onto both feet.

