

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 on a firm surface with your dominant side down.
- Move your upper leg so that it extends out to the front of you, but not more than 45 degrees.
- Keep your lower leg extended and as straight as possible.
- Twist your upper torso backwards, arching your back and reaching back with your arm.
- Hold this position for at least 60 seconds (at least 10 deep breaths); with each exhalation, focus on twisting further and further back, trying to get both shoulders to touch the surface you are lying on.
- If you experience severe sharp pain in your low back, or if you get electric shock or burning pain into your leg(s), stop doing this stretch for three days, then resume.

