



## Supine Quadratus Lumborum (QL) Stretch

### **Starting position:**

Lying on your back with one leg crossed over the other, knees bent.

### **Movement:**

Rotate your lower body to the side of the crossed leg toward the floor until you feel a stretch in your side. Keep shoulder blades down flat on the floor. Return to starting position.

**Hold for \_\_\_\_\_ seconds.**

**Perform \_\_\_\_\_ Reps \_\_\_\_\_ Sets \_\_\_\_\_ X/day**