



Sidelying QL Stretch

Starting position:

Lie sideways on a flat surface with body completely straight. Bend top leg at the knee as shown above while maintaining straight alignment with bottom leg.

Movement:

Raise upper body up toward ceiling by using bottom arm as shown. Start by coming up onto elbow, if stretch isn't felt come up to hand with arm straight as shown above. You should feel stretch on the lateral side of lower back on the side close to the ground (where arrow indicates).

Hold for ____ seconds

Perform ____ Reps ____ Sets ____ X/day