

Low Back, Hips, & Hamstring stretches

First



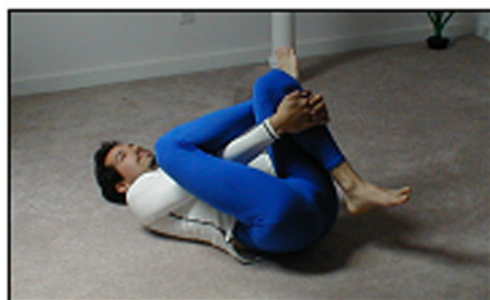
Bring both knees into your chest. You may relax your head back - or keep your chin tucked.

Second



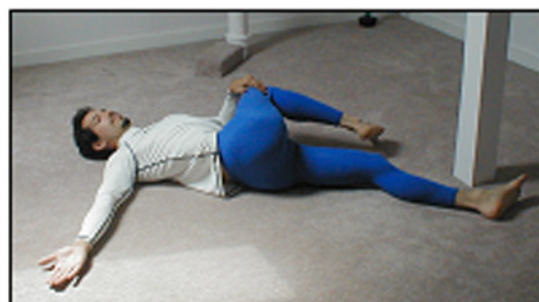
Grab one knee and pull back gently. I pulled my leg out to the side slightly to get more stretch in my glutes. Also it prepares for the next stretch.

Third



Bring your knee into the ankle, reach through and firmly grab your shin.

Fourth



Cross the top leg over grabbing it near your knee to hold position. You may bring the knee "up" toward your chest. It's good to "play with the angles" and stretch throughout different positions. Notice my arm is out as a counter weight to prevent my torso from lifting off the ground!

Fifth



A variation. Keep both knees together. Bring the knees up toward your chest to add more intensity and a way to lessen it.

Sixth



Straighten the top leg to add more intensity and "pull" in the lower back. This is a great stretch for relieving low back stress.

Best stretches for relieving tight or “bound up” aches from sitting or working in maintained positions as in cutting hair, dentistry, etc. These stretches decompress your spine and stretch your lats.

First



You must reach outward, across your body with your arm to stretch the lats.

lats

Second



Notice my hand is “crossed over”. You must twist the palm in order to fully stretch your lats.

Third



Fully stretched... I relax back and let my body weight facilitate the stretch. You may “push” the feet firmly down into the floor for creating a bit more stretch and “pull” through your lats.

Fourth



FIRMLY GRASP the pole, flatten your back, and PUSH through your feet. Slightly drop your head and relax it. This stretch decompresses your vertebrae along the line of force shown by the arrow. Use a doorknob or waist high ledge as an alternative object to grab.