

LOW BACK EXTENSIONS AND PSOAS MUSCLE STRETCH

WEIGHT BEARING

- Stand between two stable objects (i.e. chairs, low table, with surface about knee high)
- Side to be extended goes behind you
- Put other foot forward -- bend that knee and lower body using hands on supports at each side of you. Knee of leg extended behind you should be allowed to rest on the floor.
- Your body should be positioned so that forward leg is vertical (with knee directly above the ankle – to avoid unnecessary stress to your knee).
- Hold this position for 30 seconds (5-6 very deep breaths). Adjust your torso and legs as you exhale, to keep torso facing forward and as straight/vertical as possible.

