



Kimberley Martins, LMT
Neuromuscular Therapist
MA62880

The Lower Back

1. Lie down on your back with your arms at your sides, calves on a chair and legs straight. Raise and lower your buttocks without touching the floor 10 times. Return buttocks to floor and rest for 10 seconds. Raise and lower buttocks again 10 times and hold in air for 10 seconds on last rep. Start with 1 set of 20. Work up to 3 sets of 20.



2. Lie down on your back with knees bent and feet flat on the floor and arms at your sides. Place a pillow or rolled up towel between your knees. Squeeze the pillow or towel with your knees as you raise and lower your buttocks without touching the floor 10 times. Start with 1 set of 10 and work up to 3 sets of 10.



3. Lie down on your back. Slide your foot up to your knee and keep your foot in contact with the knee throughout the stretch. Keep shoulder on same side of bent knee on the ground. Grab bent knee with opposite hand and gently pull knee over until you feel a stretch in your buttocks. Pull a little further and hold for 10 seconds. Repeat on opposite side.



4. Sit on a chair with your feet wide apart. Put your hands on your knees. Turn your head to one side until it stops. Continue to turn head with your shoulder a few more inches. Repeat on other side. One time to each side is one rep. Do 4 sets of 10 reps throughout the day.

