

**Notes :**

**1 Lumbar stretch, flexion**



Sets: 1 Reps: 3 Hold: 20sec

Lie on your back with your knees bent.  
Lift one knee towards your chest and pull it as far as you can with your hands.  
Lower your leg and repeat with the other leg.  
Now lift both legs (one at a time) and pull them both towards your chest as far as you can to flatten your lower back.

**2 Stretching piriformis**



Sets: 1 Reps: 3 Hold: 20sec

Lie on your back and have one leg bent.  
Place the ankle of the opposite leg over the knee in a figure 4 position.  
Using both hands, grab the ankle and the back of the knee.  
Pull the knee towards your chest gently until you feel a gentle stretch at the buttock of the elevated leg.  
Maintain the stretch for the recommended time.



## **Wasserman Chiropractic**

10394 W Sample Rd

Coral Springs, FL

33065

954-755-1980

[wassermanchiropractic.com](http://wassermanchiropractic.com)

## **Lumbar 1**

Client

**Amir Watynski**

1

### 3 Piriformis stretch



Sets: 1 Reps: 3 Hold: 20sec

Lie on your back with your knees bent and your feet on the floor.

Place the ankle of the leg to stretch on top of your other knee.

Gently push on the knee until a stretch is felt in the hip or buttocks.

### 4 Hip external rotation stretch



Sets: 1 Reps: 3 Hold: 20sec

Sit with your legs extended in front of you. Bend one leg and place the heel on your lower thigh. Keep the extended foot's heel flat on the ground with your foot straight. Hold the ankle for support and press down on the inside part of the knee with your palm. Slightly lean forward for maximum stretch. Hold as recommended.

## 5 How to find neutral position



Sets: 1 Reps: 5 Hold: 10 sec Rest: 5 sec

Lie on your back on a firm, flat surface with your knees bent, feet flat and head supported on a pillow if necessary.

Place your hands just above your hip bones in front and slightly toward the center of your belly on each side to monitor the contraction of the transversus abdominis muscle.

Find your neutral spine position by slowly rolling your hips backward to press your back toward the surface, then slowly rolling your hips forward, arching your back away from



## **Wasserman Chiropractic**

10394 W Sample Rd  
Coral Springs, FL  
33065  
954-755-1980

[wassermanchiropractic.com](http://wassermanchiropractic.com)

## **Lumbar 1**

Client

**Amir Watynski**

the surface.

Slowly move between these two positions to find the central and comfortable position. This is your neutral spine position.

Keep your neutral spine position and gently pull your belly button toward your spine (abdominal bracing). You should feel a contraction of the muscle under your fingers.