



Mobility & Stretching

Lumbar Spine



- Lying face up, place Foam Roller in arch of lower back with bottoms of feet on the floor.
- Rotate 5–10 degrees to one side while rolling Foam Roller along arch of the back using legs to move up and down.
- Complete 6–8 slow and controlled passes along length of this area, scanning for tender spots.

Hip Flexor Stretch



- Begin in lunge position.
- Actively engage core and glute on side being stretched to prevent your pelvis from tilting forward.
- Keep spine upright, hips square, and glute engaged.
- Allow hip to lower deeper into stretch by sinking downward and forward.
- **To finish, take arm of the same side being stretched, and arch up over head.**
- Hold stretch for 30 seconds.

Lacrosse Ball on Quadratus Lumborum



- Lay flat on floor, with knees bent and feet flat.
- Place Lacrosse Ball on outer third of low back, just above hip bone.
- Slowly ease weight back onto ball.
- Scan for tender areas, hold pressure for 20 seconds.
- Spend 3 minutes scanning soft area between hip bone and lower ribs.
- Avoid contact with Lacrosse Ball on bone.

Quadriceps (3 angles) 6–8 passes to scan for restrictions in each position



- Balance on elbows in the plank position with quads on Foam Roller.
- Roll from just above the knee cap to the top of the thigh, using your core muscles. Be careful not to round or arch the lumbar spine.
- Place a greater emphasis on one leg, or simply shift body weight to one side.
- Isolate all areas of the quadriceps by repeating this technique in each position: Neutral, Internal Rotation, and External Rotation.
- Complete 6–8 passes on each leg while scanning for restrictions until the pain diminishes.

Lumbosacral Mobility



- Place Foam Roller at lumbosacral junction (just above the pelvis / hip bone).
- With a slow and controlled motion, bring your legs up to a table top position with **shins parallel to the floor.**
- Slowly lower one leg at a time, tapping toe on ground before returning to starting position.
- Repeat 10 toe-tap repetitions on each leg.

Piriformis / Gluteus Medius

6–8 passes on each glute to scan for restrictions



- Sit on Foam Roller and place ankle over opposite knee. Tilt to the side of the bent knee.
- Roll from the top to bottom of the glute.
- Balance with hands and opposite foot.
- Scan for tender areas, holding until pain diminishes.
- Repeat on other side.

INJURY PREVENTION SERIES

LOW BACK PAIN



Stability & Strengthening

Abdominal Bracing / Pelvic Tilt



- Lie on floor with knees bent and feet flat.
- Breathe in deeply and breathe out slowly and fully.
- **While exhaling, focus on flattening back onto floor while bracing abdomen.**
- Maintaining abdomen tension, continue to breathe normally.
- Perform 2–5 breath cycles.
- Return to starting position allowing back to lift off floor.
- Complete 10 repetitions.

Superman



- Lay face down on floor with arms above head.
- Actively brace core in this position.
- Lift both arms and legs simultaneously.
- Hold for 2 seconds at the top of each position.
- Complete 10 repetitions.

Plank



- Begin face down on floor, with elbows directly under shoulders.
- Actively brace abdominal region and tuck pelvis towards the ground using elbows and knees for support.
- Lift hips off ground.
- To progress, lift knees and use elbows, forearms, and toes for support.
- Maintain a neutral spine, tuck the chin and **look directly down at floor.**
- Hold for 30 seconds and progress to 1 minute holds as you gain strength.



- **For a more challenging version of the plank:** begin by lying on side with elbows directly under shoulders. Extend knees and stack ankles.
- Keep hips stacked with no twisting of spine.
- Hold for 30 seconds on each side.

Basic Glute Bridge



- Begin on back with knees bent, feet firmly on ground, hip width apart.
- Actively brace abdominal regions in this position. Hold brace throughout entire movement.
- Push through heels while contracting glutes and raise hips to form a straight line from knees, through hips to shoulders.
- Support shoulders and do not roll onto neck.
- Hold position for 2 seconds at the top.
- Complete 10 repetitions.

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