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Hip and Low Back Stretch

Lie on your back with your knees bent, arms by your sides, palms facing each other. Bring your feet wide apart. Gently curl your tailbone slightly up in order to feel your sacrum flat on the mat, bed or floor. Reach your arms up towards the ceiling lifting your shoulder blades up and then back behind you to feel a stretch in your side hips and low back. Hold for 10 full deep breaths.

Repeat 3 Times

Hold 30 Seconds

Perform 2 Times a Day



Piriformis Stretch (Figure Four)

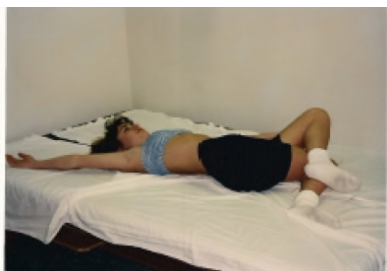
While lying down, bend up one knee keeping the foot on the mat or floor. Bend opposite leg and cross ankle over the bent knee. Keeping a tautness in your abdominals to maintain neutral pelvis, Gently push inside of crossed leg just below the knee dialing the femur up and out. You should feel the stretch in right hip and buttock.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



Lumbar Spine Rotation (Quadratus Lumborum)

Lie on the back with the knee and hips bent and feet flat on the floor.

Place the arms to the sides and outward, palms up.

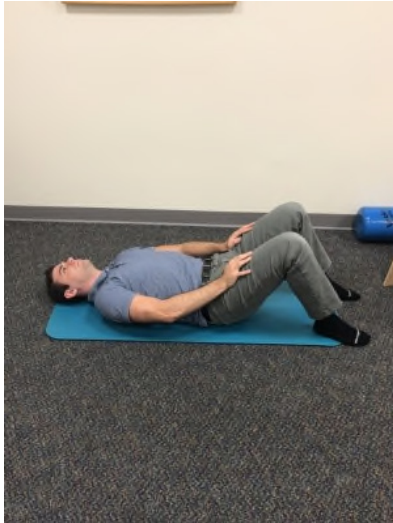
Cross the left leg over the right leg. Keep a tautness in your abdominals to prevent the pelvis from twisting too far as you Slowly allow both legs to drop towards the left, stretching the right side body. Hold for 30 seconds or 10 full breaths.

Then return to center and repeat on other side crossing your right leg over the left and allowing the hips to fall to the right.

Repeat 3 Times

Hold 30 Seconds

Perform 1 Times a Day



Self lumbar traction

Lay down on your back with both knees bent. Place one hand on each thigh and gently push away/up as you curl your tailbone and flatten your low back to the floor or mat. Hold for 2-3 seconds then relax. Repeat 10x YOU SHOULD NOT BE LIFTING BOTTOM UP INTO A BRIDGE!!!!

This also CAN AND SHOULD be done in sitting throughout the day.

Repeat 10 Times
Complete 2 Sets

Hold 3 Seconds
Perform 2 Times a Day



Hip Internal Rotation Stretch

Lay on your back with feet and arms spread wide. Keep a slight tautness in your abdominals as you let your hips and knees lower to the RIGHT pressing down through the big toe mound of your LEFT foot to keep the left gluteal active in order to feel a stretch in the front of your left hip and thigh. Then let your hips and knees fall to the LEFT pressing down through your RIGHT big toe mound to keep the right gluteal active in order to feel a stretch in the front of your right hip and thigh. Repeat back and forth 10 x.

Repeat 10 Times
Complete 1 Set

Hold 3 Seconds
Perform 1 Times a Day



90-90 QL STRETCH

- 1) Start in the 90-90 position as shown in the picture
- 2) With the arm of the same side as the front leg (left in the picture) - reach forward and up over your head as you inhale, exhale as you slightly sidebend towards the right side. You should feel a stretch into your left hip and lower back.

Repeat by switching your legs to perform the stretch for your right side.

Repeat 3 Times

Hold 20 Seconds