



## Dr. Shire's Luscious Lumbar Stretches



### STANDING ILIOTIBIAL BAND STRETCH SUPPORTED - ITB

In a standing position, cross the affected leg behind your unaffected leg.

Next, lean forward and towards the unaffected side while using your arm for balance



### QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot. Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.



### Standing IT band stretch

In a standing position, cross the affected leg behind your unaffected leg.

Next, with your arm over head, lean to the side towards the unaffected leg.



### CHILD POSE - PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

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### Hamstring Stretch



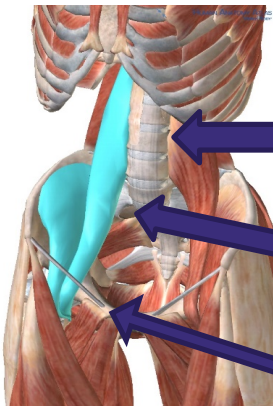
Standing with leg straight, Keep your lower back locked, chest out, head looking out and pivot from the hips until you feel the stretch. Breathe, relax, release, repeat.



### Standing warrior pose/ Hip flexor stretch.

- 1) From a standing position, step your left foot to the back of your mat and lower the inside of your foot so that your back foot is at an angle.
- 2) Bend your right knee 90 degrees and straighten your back leg.
- 3) Reach arms overhead and keep torso facing the front.
- 4) Relax shoulders and breathe gently in and out. Hold 30 seconds and switch sides.

## The Mighty Psoas



Iliacus muscle

Area of insertion (lesser trochanter)

Right Psoas connects from the front of the lumbar spine and connects with the right Iliacus muscle and together insert into the lesser trochanter of the right femur (thigh bone).

This muscle's main function is to act as a flexor of the hip.