

LOWER BACK PAIN:  
A USER'S MANUAL FOR  
SELF HELP

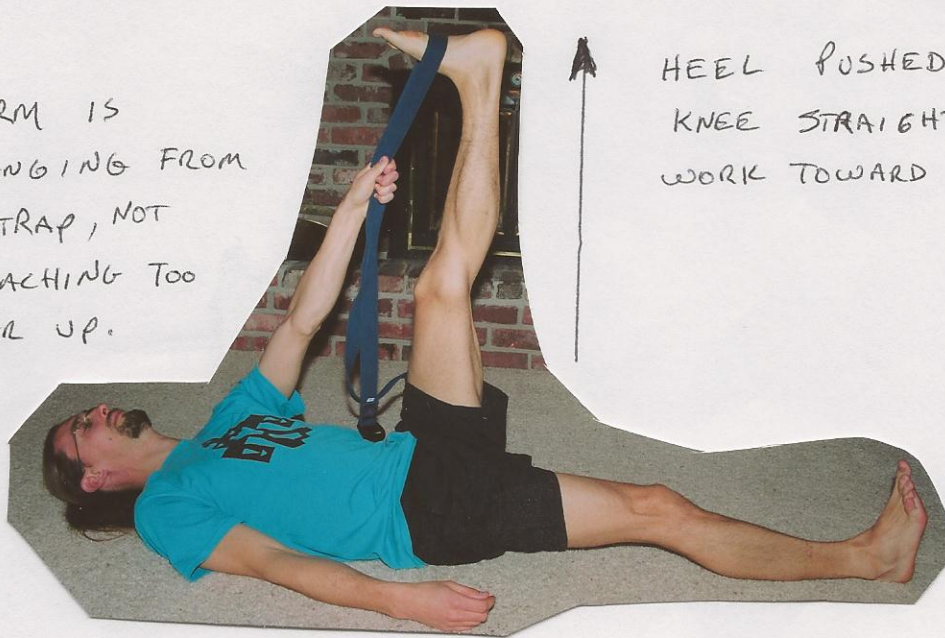
STRETCH #1

HAMSTRINGS

EACH STRETCH IS HELD FOR 3 BREATHS...  
THEN SWITCH TO THE OTHER SIDE.

REPEAT THIS CYCLE FOR 3 STRETCHES ON EACH LEG,  
ALL STRETCHES EXECUTED WHILE ON BACK.

ARM IS  
HANGING FROM  
STRAP, NOT  
REACHING TOO  
FAR UP.



HEEL PUSHED UP.  
KNEE STRAIGHT,  
WORK TOWARD PERPENDICULAR.

HEEL PUSHED AWAY,  
TOES UP.

CLASS AND HANDOUT  
PRESENTED BY:



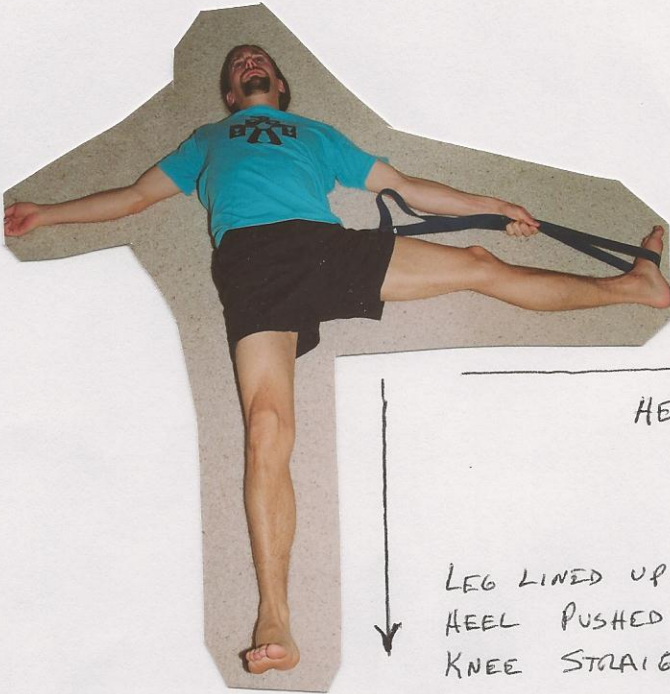
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**ROLFING®**

THESE SIX STRETCHES  
ORIGINATED BY:  
AADIL PALSHIVALA

STRETCH #2

ADDUCTORS  
HAMSTRINGS  
PSOAS



HEEL PUSHED OUT, KNEE STRAIGHT,  
WORK TOWARD 90° ANGLE.

LEG LINED UP WITH BODY.  
HEEL PUSHED OUT, TOES UP.  
KNEE STRAIGHT,



STRETCH #3

ABDUCTORS

HAMSTRINGS



HEEL PUSHED UP.

KNEE STRAIGHT, HOLD STRAP IN OPPOSITE HAND.  
WORK TOWARD ALIGNING TOES OVER  
OPPOSITE SHOULDER.

\* HAND SHOULD BE  
PUSHING HIP AWAY  
FROM SHOULDER

LEG ALIGNED WITH BODY.

HEEL PUSHED OUT, TOES UP.

KNEE STRAIGHT.



STRETCH # 4

PSOAS

ADDUCTORS

ABDUCTORS



BOTTOM LEG ALIGNED WITH BODY.  
KNEE AT 90° ANGLE.  
KNEE PUSHED AWAY FROM BODY.  
ANKLES AT 90°.

PULL TUMMY IN, LIFT RIBS.  
(GET LONG IN WAIST)

HELPFUL HINT:  
USE STRAP TO HOLD  
ANKLE ON KNEE.



STRETCH #5

ADDUCTORS  
PSOAS

QUADRICEPS

PRIMARY POSE!

ANKLE ON TOP OF LEG.  
SWITCH SIDES.



ALTERNATE POSE!

ANKLES UNDER LEGS.  
SWITCH SIDES.



STRETCH #6

PSOAS

QUADRICEPS



PRIMARY POSE:

PUSH KNEE AWAY FROM BODY,  
USE HAND TO PUSH HEEL AWAY.

ALTERNATE POSES:

... UP ON ELBOWS



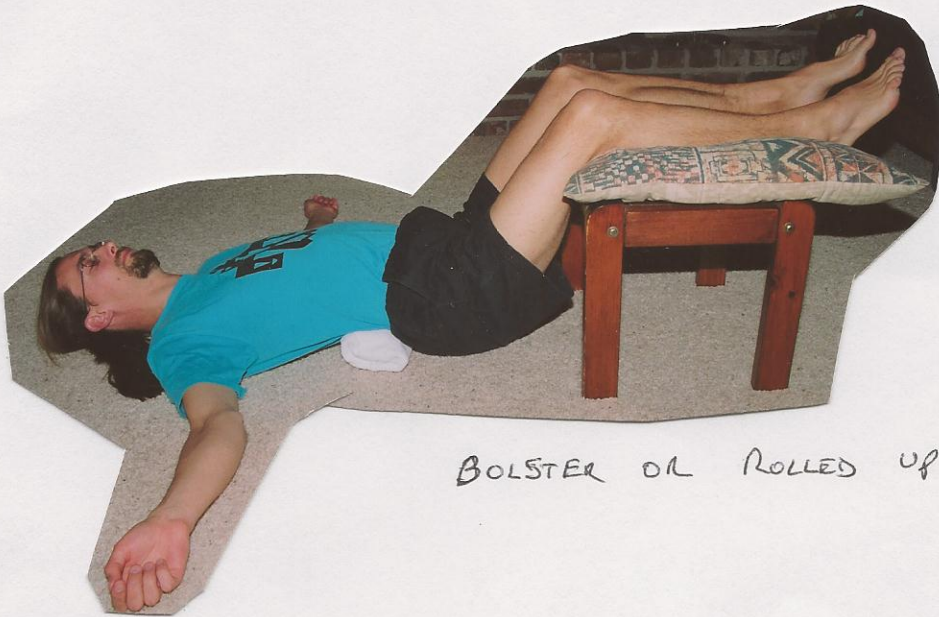
SEATED ON PILLLOW  
OR FOLDED BLANKET.  
ARMS STRAIGHT OR  
ON ELBOWS.



THANK YOU, MODEL DAVID HAIGH, M.S.T.

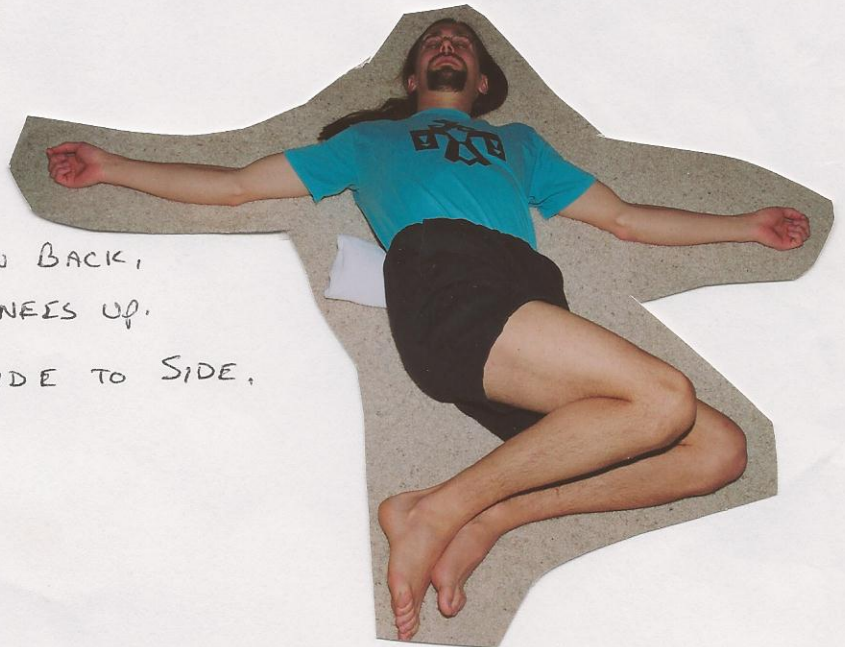
# RESTING POSITIONS

AFTER STRETCHES...  
OR AFTER GARDENING...  
RESTORE LUMBAR CURVE.



BOLSTER OR ROLLED UP TOWEL IN LOW BACK.

BOLSTER UNDER LOW BACK,  
FEET ON FLOOR; KNEES UP.  
LET KNEES SWING SIDE TO SIDE.



CLAS +  
H.A. By