



Robyn Dey RMT
Massage Therapy

Quadratus Lumborum Strengthen: Resisted Side Bend

Stand and hold a weight on one side. Slowly bend towards the other side while holding the weight with for the recommended time. Slowly return to the upright position.





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Quadratus Lumborum Strengthen: Hip Raise in Side Plank

Lie on your side and support yourself with the forearm and the foot. With the top hand, push on the ground to help raise the hips. Lower yourself down and repeat.

- Do not rotate the trunk while on the ground or lifting the hips.





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Quadratus Lumborum Strengthen: QL March

Start in long sitting with extended legs and a straight back. First activate your transverse abdominus (core abdominal muscle) by pulling in your belly button to your spine while breathing normally. Maintain this core activation throughout the exercise.

"Walk" forward and backward using your hips and glutes to move yourself forward and backward while keeping the core braced.

