



Robyn Dey RMT
Massage Therapy

Quadratus Lumborum Side lying Stretch

Lie on your side with your legs straight on the edge of the bed. Place a bolster or rolled pillow/towel under your lower back. Lift your top leg and take it backwards and downwards off the bed. You should feel a stretch on your lower-back side.





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Quadratus Lumborum Sitting Stretch

Sit on a ball or chair. Put one hand on your side at belly-button height. Raise your opposite hand and side bend as you push gently on your side with your hand.

