

## Quadratus Lumborum/Latissimus Dorsi Stretch



- Kneel with one knee on the ground.
- Put a medium or large exercise ball against the hip on the same side as the flexed knee.
- Slowly lie sideways over the ball, bracing yourself with the bottom arm and letting the top arm hang over your head.
- You should feel the stretch on your side from just below the armpit, down toward the pelvis.
- Hold for 10-15 seconds or as directed.
- Repeat for the opposite side.