

# STRETCHES

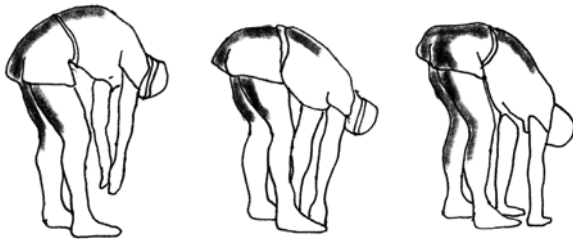
## FOR LOWER BACK

### WHILE STRETCHING:

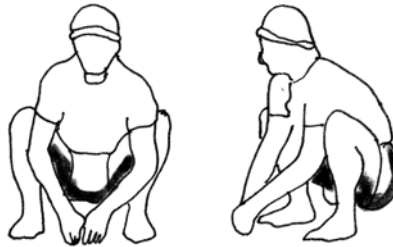
Stretch slowly without bouncing. Be sure to breathe slowly and deeply, allowing the stretch to deepen upon exhalation. Hold each stretch for 10-30 seconds. Release and repeat until you feel an ease in the targeted muscle group. Take time to stretch each day, especially before you exercise. Stretching has a cumulative effect over time, allowing greater flexibility and ease of movement. Enjoy feeling good in your own body!

PLEASE NOTE: These stretches are suggestions only. Please consult your health care provider before beginning any new stretching or exercise routines.

\* DARKENED AREAS IN THE DRAWINGS REPRESENT THE MUSCLE GROUPS WHERE THE STRETCH SHOULD BE FELT.



1. From a standing position, bend forward and gently roll down into a forward fold. Touch the ground if it is comfortable to do so, otherwise allow your hands to rest just below your knees. If you feel discomfort, bend your knees to relieve the pressure.



2. From the forward fold, with your hand on the ground and your knees bent, bend your knees further and swing your hips towards the ground. Widen your stance and allow yourself to find comfort in this position.



3. Sit with your legs outstretched in front of you. Bend one of your legs and place your knee in the crux of your elbow, grasping your shin with that hand. Hold the ankle of this leg with your other hand and gently pull your leg towards your torso. Repeat on the opposite side.



4. Sit with your legs outstretched. Place your left foot on other side of your straightened right leg. Twist your torso to the left and tuck your right elbow behind your knee. Breathe and gently twist on exhale. Repeat on the opposite side. Straighten your left arm to support your back.

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## RECOMMENDATIONS

client name: \_\_\_\_\_

date: \_\_\_\_\_

spa partisan: \_\_\_\_\_

suggestions: \_\_\_\_\_

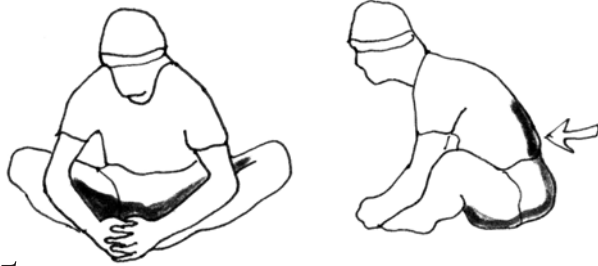
notes: \_\_\_\_\_

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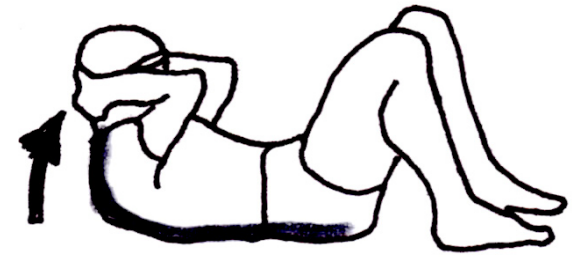
## STRETCHES FOR LOWER BACK, CON'T



5. Sitting with your legs in a 'butterfly' position and feet together, lean forward towards the ground. This should gently open the muscles in the pelvis and lower back. Hold and relax without bouncing for 30 seconds.



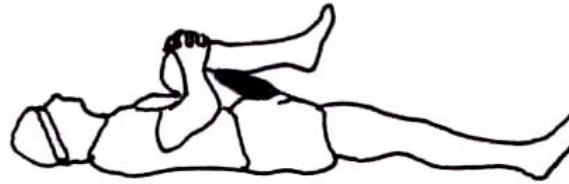
6. Lying on your back with your knees bent, become aware of the space between the small of your back and the floor beneath you. Gently press your spine here towards the floor. Hold for 15 seconds, release and repeat.



7. Still lying on your back, fold your hands behind your neck. Upon exhale gently and slowly pull your neck towards your knees without lifting your shoulders off the ground. Hold for 20 seconds, lower to ground and then repeat.



8. Lie on your back with feet together, allowing your knees to gently drop to the floor, opening your pelvic muscles. Relax and breathe for 30 seconds.



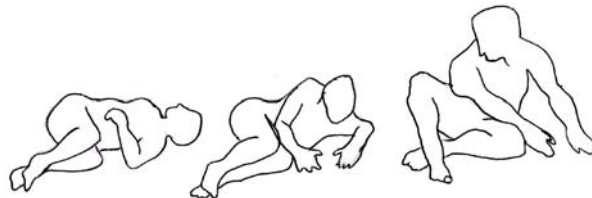
9. Continuing on your back, extend your legs. Pull one leg into your chest and take a few deep breaths. Continue to Step 10 as a continuation of this position.



10. Hug your knee to your chest again, this time angling your foot towards the opposite hip and shoulder. Pull in gently and gradually until you feel a good stretch. Repeat on the opposite leg.



11. When you have completed your stretches, be sure to take a moment to relax on your side. Breathe deeply and enjoy the relief of pressure in your lower back.



12. Anytime you have been stretching, sleeping or receiving a massage, the muscles in your lower back are much more relaxed than at other times. Always roll to your side and support yourself with your hands as you sit up.

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