



## **Alternate Lumbar Lift**

Another excellent method to open the lumbo-sacral spine, gluts, hamstrings, and beyond.

Your client must be positioned near the back end of the treatment table as pictured. Place pillows under their knees to prevent the hamstrings from stopping the stretch. If they feel too much strain in the hamstrings, add a pillow. Position yourself low, preferably kneeling on the floor, to be able to “lift” their lower back.

Disclaimer; All of the above information is intended for use by a qualified health care professional. Do not attempt these techniques without proper instruction and training.