

Split Trunk Stretch

This stretch is a variation on a commonly prescribed stretch for the low back and hip. This variation starts in the side lying position, rather than starting flat on your back. As directed by your therapist, start by lying on your side. Allow your top shoulder to roll back while bringing the leg forward as pictured. Allow yourself to experiment with the shoulder, trunk, hip, and leg position to bring in familiar tightness. Once you've found familiar symptom, hold for 3-5 minutes, or as directed by your therapist.



Disclaimer: All of the information provided above is intended for use by a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.