



Osteopathic Life Clinic

12 Upper Gardiner Street,
Dublin 1

Provided by : Sample User

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(W)or Home

The following two exercises for effecting the hypertonic erector spina muscles in your upper lumbar spine and lower thoracic spin, as well as your quadratus lumborum , which connects to your lower rib and ileum.

This is an exercise or stretch

1. Lean to the Left or Right until you feel a stretch, with arm overhead as shown
2. Hold 25 seconds
3. 2 repetitions per side.

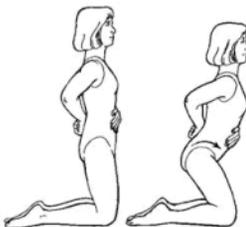
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Home or Gym

1. Hold onto object with Left or Right hand, as shown
2. Sit back onto heels
3. Hold 30 seconds
4. 1-2 repetitions per side.

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This is best done with a slightly more dorsi flexion of your ankles, you should feel the stretch at the IlioPsoas which is involved in hip flexion.

1. Assume kneeling position
2. Place hands on back and abdomen lightly for guidance
3. Rotate your tailbone backward/upward and your belly forward, arching your back as shown
4. Hold 30 seconds
5. 1 repetitions. as needed

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IlioPsoas at work

1. Assume position shown, with Left or Right knee on chair
2. Bend the opposite knee so that you feel a stretch
3. Do not allow your back to arch
4. Hold 30 seconds
5. 1-2 repetitions. As needed

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Ilio Psoas & Quad Home

1. Assume position shown, with Left or Right knee on the floor
2. Lean your whole body forward, keeping your chest upright
3. Hold 30 seconds
4. 1-2 repetitions per side. As needed

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Quads

I prefer to do this exercise on my side, remembering to I prefer to do this exercise on my side, remembering to



1. Lie on a surface as shown
2. Hold on to your ankle and bend the knee so that you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day

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Adductors

1. Sit with knees bent, feet together as shown
2. Press knees downward toward the floor, by leaning forward and pressing with your elbows as shown
3. Hold 30 seconds
4. 1 repetitions. As needed



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Hamstrings, Work

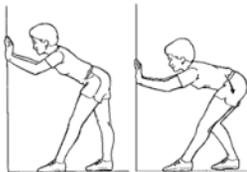
1. Sit with Left or Right leg propped as shown
2. Relax, letting the leg straighten, so that stretch is felt
3. Hold 30 seconds
4. 1 repetitions. As needed



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Work, Home or Gym

1. Stand against wall as shown, with Left or Right leg forward and straight
2. Bend the opposite knee, lowering your buttocks downward, while keeping the forward leg straight, so that stretch is felt
3. Hold 30 seconds
4. 2-3 repetitions. As Needed



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External Rotators

1. Lie on back holding Left or Right knee and ankle as shown
2. Hold knee stable as you pull ankle toward your chest so that you feel a stretch
3. Hold 30 seconds
4. 1-2 repetitions per side. As needed

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