

Blue Pearl Medical Massage, llc
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Home help for tight low back and hips.

1. Get 2 tennis balls tied in the toe end of a sock. Lay on your back with both knees bent. Bring one leg into chest with opposite hand and take the tennis balls in your other hand and place under your gluts in the meat of the muscle. Slowly, with your hand, rotate your hip/leg out so it creates pressure onto the tennis balls. Hold this position for few breaths if not too painful. Rotate leg/hip up again and then with your hand move the tennis balls to a new area of your glut and repeat rotating your leg out over the tennis balls again. Repeat this movement using your breath until the whole surface of the glut has been on the tennis balls. (Note: don't use your leg to make the movement over the tennis balls. Use the opposite hand to make the movement and as the hip presses onto the tennis balls try to relax it.) Now repeat on other side.
2. Sit sideways in a chair (kitchen chair with no arms or rollers). Chair back to your right. Bring knees together and your heels in line with your knees. Inhale deeply, exhale & twist toward the chair back. Hold to the chair back. Keep knees together, spine straight & up tall. Take 3-4 nice deep breaths and see if you can create a deeper rotation gently. Release and repeat on other side.
3. While still in chair, face forward & come to the front edge of the seat. Open legs/knees wide and let your upper body forward bend through your knees. Hang like a rag doll. Take 3-4 deep breaths in this position. See if you can go forward a little more by letting your low back ease.
4. While sitting in the chair bring one leg up and cross at the knee (ankle resting on opposite knee), slowly bend forward for 3-4 breaths. Sit up and repeat on other side. (Loosen the outer hips.)
5. Stand close to the chair and place the right foot on the seat and forward bend your upper body. Hang like a rag doll for 3-4 deep breaths in this position. See if you can let go your low back & hip. Stand up. Repeat other side.

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6. *Lay face up on the floor. Have a 2-inch thick book (like the old-style phone books). Notice how your low back feels on the floor. Bend your knees, raise up your hips, place book under your sacrum (triangle bone at base of spine), below the dimples and above the crack of butt, crosswise (binding toward top). Extend the legs one at a time. Stay on the book/block for 1 minute the first week every day. 2 minutes every other day the 2nd week. Slow build up to 10 minutes once a week (this is the maintenance level). If this creates pain, bend the knees. Relax and breathe. Don't do anything else with this release. This releases the sacrum and passively stretches the small back muscles and the front of the body (psoas, quads) muscle. To end this, lift the buttock off the book/block and remove, then let buttock rest back on floor for 2- 4 breaths before getting up. Notice the difference in how your low back and buttock makes contact with the floor.

There is one rule with this one, never sit on the book or block and lay back or sit up, as trying to do this as a shortcut can jam the bones in your back.

7. Kneeling on all fours. Swing right knee (bent) forward on floor between hands. Sink your right butt towards the floor. At the same time, extend the left leg straight back. Keep hips level and squared to the front. If necessary, place folded blanket/s under the right sitting bone to keep hips level & supported. Hold for 3-4 breaths. Repeat other side. (don't do this one if you have bad knees)