

# Lumbar Daily Check In



## Why do it?

Evaluate your readiness to train and prevent injuries.

### Lumbar Flexion

1

With feet together, bend forwards keeping your knees straight.

Do you notice tension in your low back?



YES



Perform the Cat-Cow exercise

Repeating 10-15x or until the tension eases.



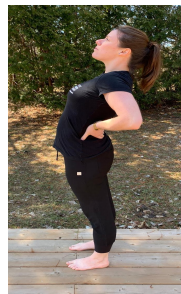
NO

### Lumbar Extension

2

With feet together, bend backwards keeping your knees straight.

Do you notice pinching in your low back?

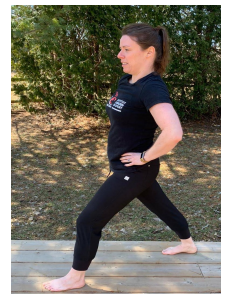


YES



Perform resisted hip flexion for 5 seconds

Followed by 5 pulsed hip extension stretch.



NO

### Lumbar Side Bend

3

With feet together, bend sideways keeping your knees straight.

Do you notice a difference in the stretch from side to side?

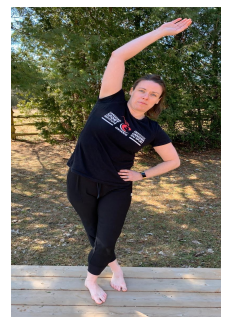


YES



Perform 5 hip hikes

Followed by 5 pulsed QL stretches.



## Key points



This program is a quick way to evaluate your muscular tension in an effort to improve mobility prior to training.



You know your body! If you prefer a different stretch or would like to hold for longer then you can individualize your daily check in.



This program is designed to identify tension, if you feel pain, contact your therapist for individualized advice!