



THE HOUSE OF
**NATURAL
HEALTH**

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Quadratus Lumborum and Obliques.

Stand with your feet shoulder width apart, keeping a slight bend in your legs.

Slowly bend over to one side, until you feel a stretch along your side.

Your arms can be on your hips, or in the air to increase the stretch.

Avoid leaning forward or back, and keep the movement smooth with no bouncing.

