

QL Release



The quadratus lumborum muscle connects to the pelvis, ribs, and lower back. It can become overactive, leading to poor posture and lower back and hip pain.

1. Lie on your right side with the foam roller between your right hip bone and ribs. Prop yourself up using your right forearm.
2. Extend your right leg and bend your left knee, stepping your left foot behind you.
3. Take small up and down movements, stopping when you find a trigger point.
4. Repeat on the other side.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

Dr. Ralph has also put together a home care kit that includes a small foam roller, balance disc, and bands that we are offering at our cost of \$30.00 and at this time we are offering no contact drop off service for the kit.

We are currently back to seeing routine and maintenance patients. Please feel free to call 770.565.8151 if you have any questions about this exercise, our schedule, or our home care kit.