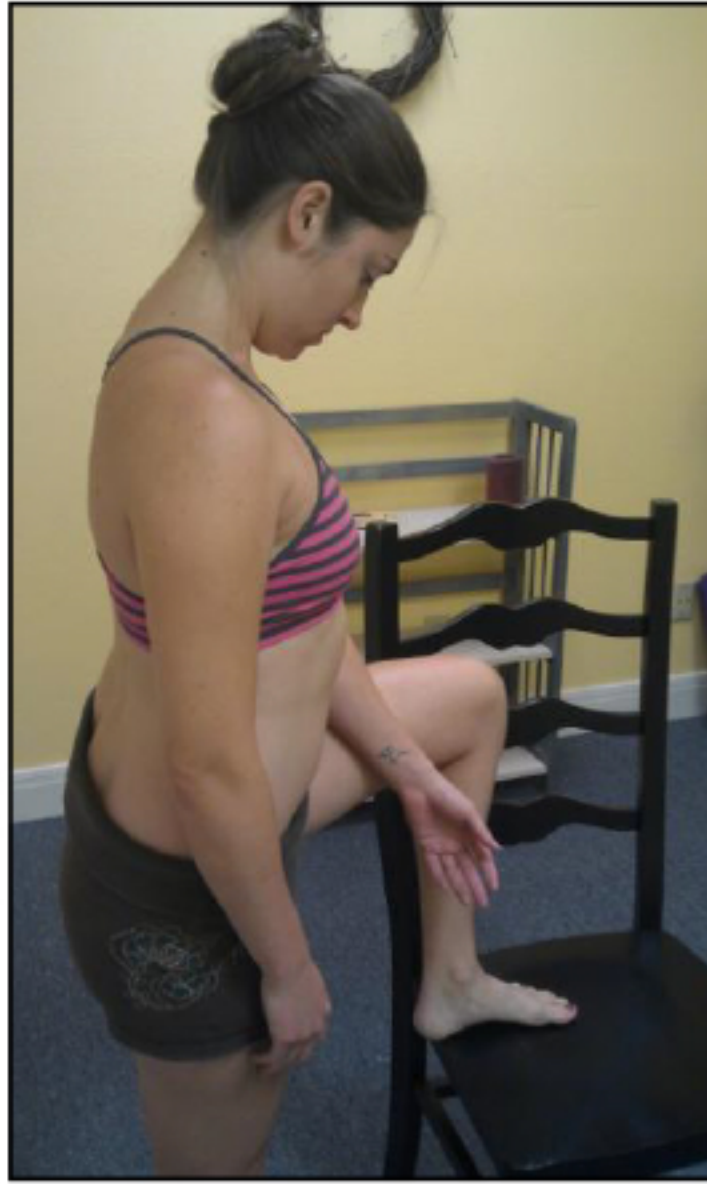
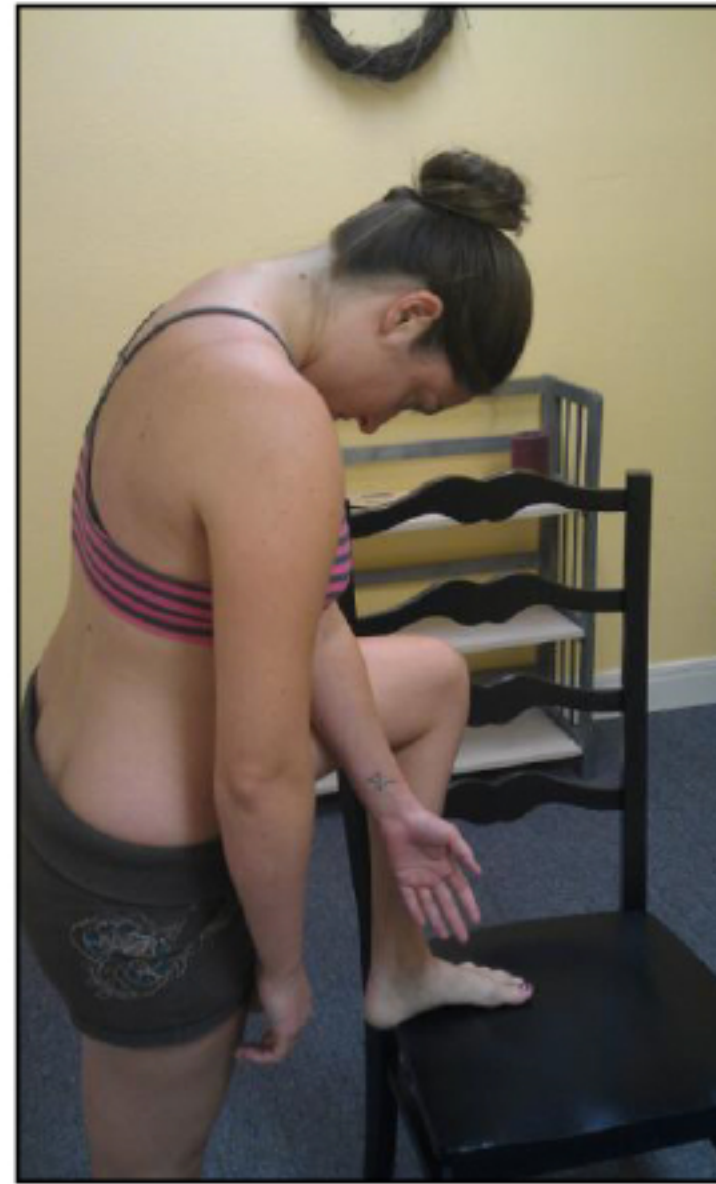


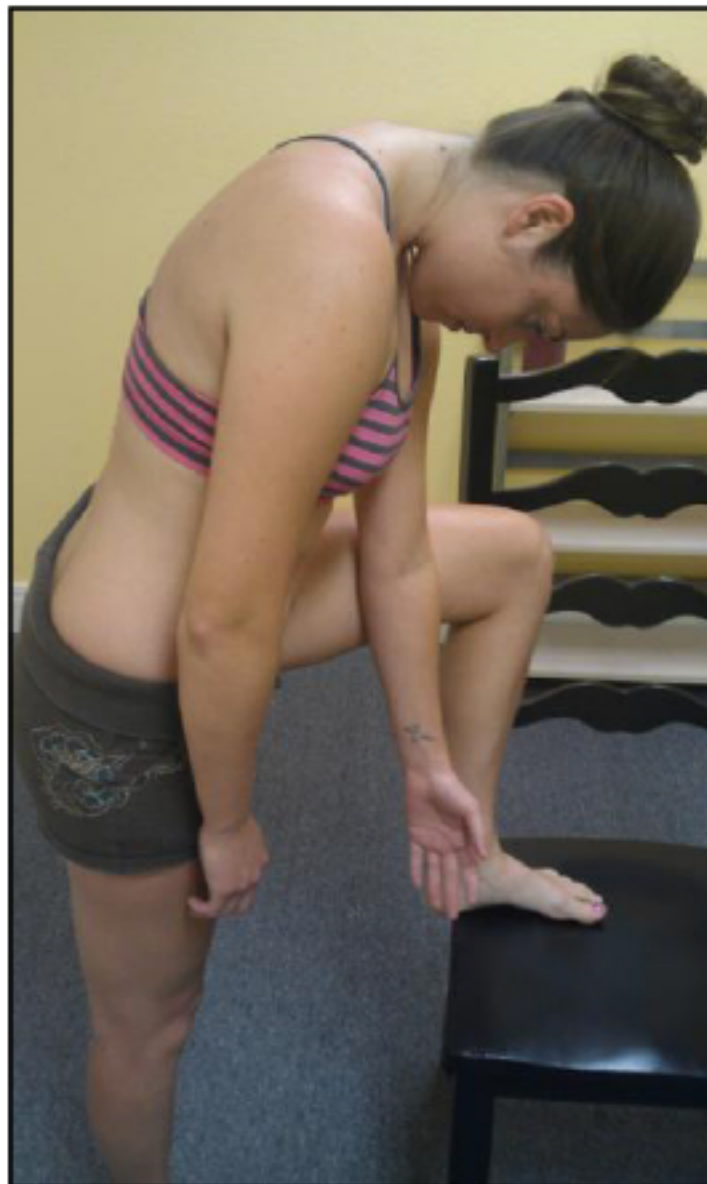
**Starting Position:** Place Right/Left foot in a chair.



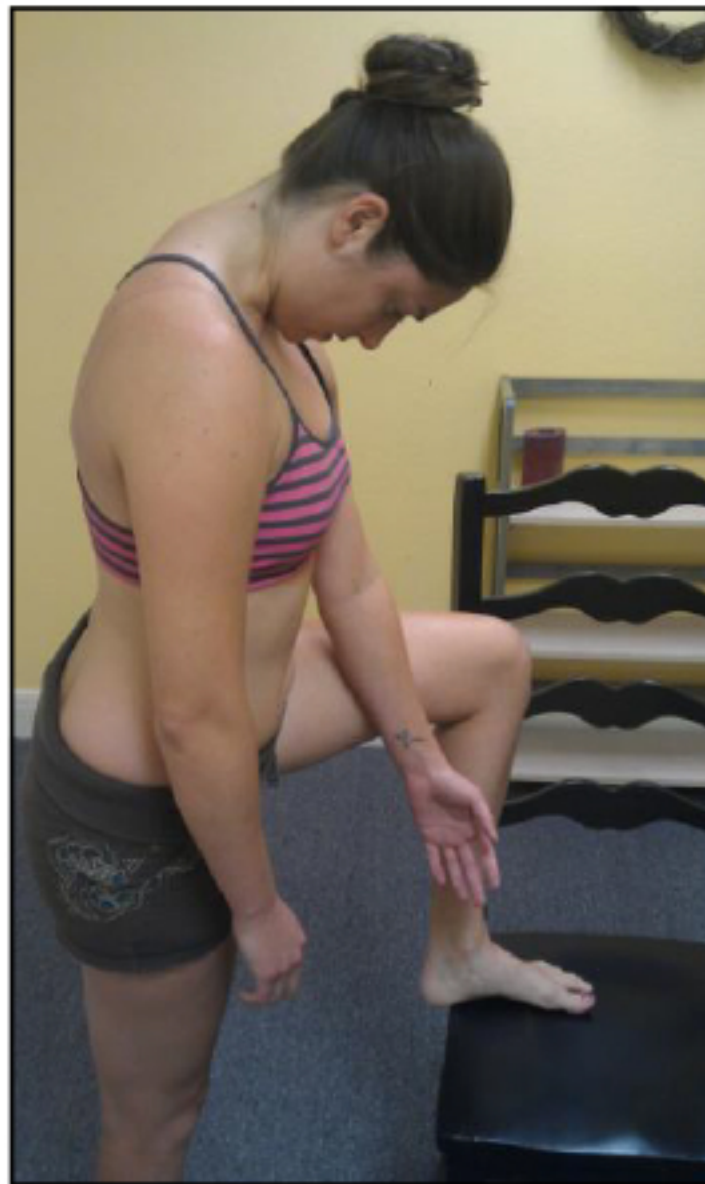
1. Gently tuck your chin toward your chest. Slowly roll your head forward hanging the same side arm between your legs.



2. Imagine you are holding a bucket of water. Allow your spine to flex down to the point of strain. Hold the position until you feel softening (maybe a few seconds to several minutes).



3. Follow the movement in the direction as if softens which may be straight down or to the side. Remember fascia stretches in 3 dimension!



4. Return to upright position by placing the same had (as bent leg) on knee. Slowly roll up from bottom to top

## SI Joint Stretch:

The Sacroiliac joints are a common cause of lower back pain and/ or leg pain.

**FYI:** Keeping you SI joints in proper alignment helps with

Lower back pain  
Radiating pain to legs  
Spinal mobility