

Prayer Stretch



In a modified child's pose with hips elevated, and arms as support for upper body and head to rest, sit back onto your heels maintaining a neutral spine. Hold this position and breathing into the belly and pelvic floor.

If needed add a foam roll or pillow between your hamstring and calf muscles to provide lower body support if it is hard to hold your hips up on your own.



In Motion Spine & Joint Center

5242 Main Street

Spring Hill, TN 37174