

Standing “Sink” Stretch

1. While holding on to the front of your kitchen sink, “sink” your hips backward until you feel a pull or stretching of your lower back muscles.
2. Hold this stretch for 10-15 seconds.
3. When complete, pull yourself up and push your hands down on the counter to help yourself get back to your feet.
4. You can complete this stretch 2-3 times per session.

Optional:

1. **Left Sided Stretch:** As you sink your hips backward, shift your hips to the left and open your body to the left (This will pull on the lower left-side back muscles). Follow instructions as above.
2. **Right Sided Stretch:** As you sink your hips backward, shift your hips to the right and open your body to the right (This will pull on the lower right-side back muscles). Follow instructions as above.



Disclaimer: If you feel an increase in pain or inability to support yourself with your upper body during this stretch, discontinue right away and inform Dr. Allen on your next visit. Use with caution.