

## Preparatory Exercises

# Iliac and Lumbosacral Region: Stretching

**Starting Position:** supine.

Bend the right knee and bring it towards the abdomen, drawing it down with both hands. Keep the lower back in contact with the ground. Hold the pose for 15 to 60 seconds.

Release the leg and bring the right thigh perpendicular to the ground as you move the left hand to the external side of the right knee. Your right arm opens laterally, and your face points slightly towards the left side.

Progressively pull the right knee to the left and towards the ground while keeping the right shoulder in contact with the floor. Perform slowly and with full attention. At the point of maximum traction, hold the pose for 15 up to 60 seconds.

Repeat in an identical way on the opposite side.



**Contraindications:** none.

**Benefits:** improves awareness and mobilizes sacroiliac and lumbosacral articulations. These two articulations are of fundamental importance for the wellbeing and health of the muscular-skeletal system. This is of special relevance to those who suffer pain in the lower back.