

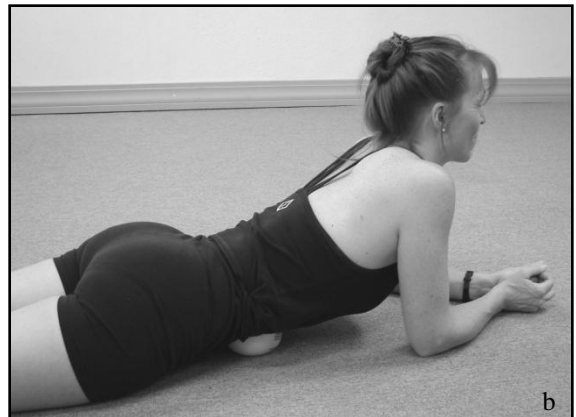


These techniques release restrictions in abdominal and pelvic floor areas, including psoas and oblique musculature, and can be helpful for low back pain.

Lie on stomach with ball directly under midline. Start just under ribs and move ball down about one inch at a time, softening in each area. It may be necessary to come up on elbows to lessen intensity, or to start out on a softer surface. 8-3



Lie on stomach and start with ball one inch above and to side of navel. Breathe, relax and allow tissue to soften over ball. Move ball down abdomen about one inch at a time, into pelvic bowl, staying about one inch to side of midline or navel (a).



Try propped on elbows to elongate abdominal fascia (b). 8-4

Bend left hip and knee in front and extend right leg behind. Tighten right buttock and elongate or lengthen right leg further. Feel stretch in front of right abdomen, hip or thigh. As fascia releases, get taller through trunk and elongate leg further. Works well using ski poles (see Jill's preface) or furniture on both sides to support upper body and allow further sinking into stretch. 8-5



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