

The Trifecta Release

I suggest going through this workout 1-2x a day depending on the severity of your situation. You don't want to further irritate the QL. So, if you're noticing some discomfort or "soreness" when attempting the second round (typically done at the end of the day if your first round was in the am) just stick to once a day. Be sensitive to how your body reacts to the program. You are the best advocate to whether you should continue or dial back on what you're doing.

Always consult with your trusted professional before attempting anything.

Exercise	Complete this program daily until tension/tightness has decreased.
Stick Release	<p>➔ Passive ➔ 2 sets of 20 breaths w/ out bends</p> <p>Active ➔ 5 slow bends on each side</p>
LAX Ball leg lift/crunch	<p>➔ Passive ➔ 1 minute holds on each trigger point.</p> <p>Active ➔ 2 sets of 10 leg lifts and/or crunches for each side</p>
Twist and Stretch	<p>➔ 1-2 Minute holds with long slow breaths</p>
Optional	
Complete any one of the stretches in the "Tight QL Article"	<p>➔ Hold the stretch up to 1 minute on each side. Make sure to breathe into the stretched area and move slow.</p>