

Alternating figure 4 stretches

Alternating figure 4 stretches From the position laying on the floor on your back, put both feet flat on the floor, put both arms straight out at right angles to your body.

Turn your head as much as possible to the left and at the same time rotate your legs to the right.

Then slide your top leg (the left) out so that the left ankle is on top of the right knee.

Hold this position a few seconds until you feel the muscle lengthen.

Then slide your top leg back to its original position and both legs to the vertical position. That is a count of one. Do 10 to 20 of these alternating sides each time. These two exercises can help you immensely. Our complete series will help you relieve your pain permanently. [More Exercises](#)