

Quadratus Lumborum

What is Quadratus Lumborum (QL)?

It is a muscle which attaches from your lower ribs onto the rim of pelvis just to the side of your spine.

What does QL muscle do?

It extends your back and side flexes your back too, but it also has a stability role to support your lower back.

Extends



Side Flexes



Symptoms of QL muscle dysfunction:

- pain to the side of your spine
- referred pain into your hip and glutes region
- dull achy pain when sitting or standing for long period of time
- pain on turning in bed

What exercises can you do if you have pain in your QL muscle?

1. QL Stretch



- Stand with your back against a wall
- Tuck your bottom under and flatten your back against the wall (so there is no gap)
- Reach up to stretch your side and then over to the side
- In this image we are stretching the left QL
- Hold for 30 seconds repeat x 2 x 3 x a day

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2. Side Plank



- Lie on your side on your elbow
- Lift your hips up and raise your body so that you're supported by the side of your foot and your elbow.
- Hold this position for 30 seconds to begin with, extending the time as you get stronger (up to 2 minutes).
- Keep your bottom tucked in
- You should feel this in your lower buttocks and side of your back

If you are suffering from back pain then try these exercises, if you want any more advice then feel free to call 07835 712306, email enquiries@physio-logical.net or visit www.physio-logical.net

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