Lower Back Rotation with Hip Rotators Stretch

Lie on your back and bend your knees. Extend your arms and shoulder level with your palms facing down. Pick up your hips and move them 3-4 inches to the right. Roll your knees to the left side. Extend your right leg at hip level. Place your left elbow on the floor and prop up your right leg. To further the stretch, flex your right foot and lift your leg higher toward your head. Keep your right foot 10-12 inches off of the floor. Repeat on the opposite leg.