

SELF BACK MASSAGE ROUTINE

LIE ON BACK WITH KNEES BENT

- 1) With Feet Flat on Floor, slightly shift Knees Side to Side so as to Massage Bottom most part of Lower Back. (Feet may be Together or Spread Apart)**
- 2) With Feet slightly off Floor, slightly shift Knees Side to Side so as to Massage Middle part of Lower Back.**
- 3) With Feet well off Floor as Hands Pull Knees to Chest, slightly shift Knees Side to Side so as to Massage Upper part of Lower Back.**
- 4) With Feet well off Floor, Keep Knees Together as Both Hands Guide Both Knees in a large Circles so as to Massage Bottom, Side, Top, Other Side of Lower Back. (Circling Both Directions.)**
- 5) With Feet well off Floor, Hands Guide both Knees in a W Pattern so as to Massage Side, Middle and Other Side of Lower Back, Moving Up and Down. (Reverse W Pattern Back and Forth.)**