

Low Back Release Sequence



Note: Remember, no part of MELT should ever hurt. Pain is your signal to ease back pressure!



REST ASSESS

Lie on the floor with your arms and legs straight and relaxed, palms face up. Take a breath, allow your body to relax into the floor, and scan your body for stuck stress. Remember the four common imbalances: If all your upper back weight is on the shoulder blades, if your mid-back is arched off the floor, if your tailbone is more weighted than your butt cheeks, or if the backs of your thighs feel off the floor on one or both sides, you have identified stuck stress that could be causing you unnecessary compression in your low back. Close your eyes and, using your Body Sense, notice what you feel. Take a second to notice the curve of your low back. Where do you feel the peak of the curve? Does it feel like it's above or below your belly button? Are your bottom ribs on or off the floor? Does it feel like there's a big curve up toward your shoulder blades or perhaps there is no curve at all?



SI JOINT SHEAR

Engage your core, lift your hips, and place your pelvis on top of the roller. Bring your knees into your chest to check the position of your pelvis on the roller. Point your knees toward the ceiling, but stop before your thighs are fully perpendicular to the roller. Slowly angle your knees slightly right and left to explore both SI joints. Try to keep your knees together. Pause on the right side and Shear the right SI joint by making small circles with your upper legs 2-3 times in each direction. Then try circling just the lower leg in larger but slower circles and slowly moving your knees forward and back in a marching motion, 2-3 times. Keep your legs tipped to the right side, pause for a moment, maintain the pressure, and take 2 focused breaths. Return your knees to the center and repeat on the left side.



PELVIC TUCK AND TILT CHALLENGE

Bring both knees toward your chest. Place your palms on the front of your thighs, close to your knees. Gently push your knees away from your chest until your arms are straight. Keep your thighs angled slightly toward your side of the roller. Take a focused breath and actively sink your ribs toward the floor below your shoulder blades. Breathe in and, on the exhale, gently press your thighs into your hands as if you were trying to bring your knees to your chest, but don't bend your elbows or shrug your shoulders. Take a breath in and, on the exhale, try to tuck your pelvis toward your side of the roller. Inhale while sustaining the pressure of your thighs toward your hands, and then on the exhale, slowly tilt your pelvis. Repeat the tuck and tilt 4-5 times, moving slowly.





LOW BACK DECOMPRESS

Maintain the tilted position of your pelvis. Breathe in and, on the exhale, gently increase your thigh-to-hand pressure and sink the back of your ribs toward the floor without losing the tilt of your pelvis. Inhale and subtly relax all three points of pressure, but don't change your position. On the exhale, re-engage the three points of pressure—thighs to hands, mid ribs to floor, pelvis to roller. Repeat one more time. Come off the roller and lie down on the floor on your back with your legs extended.



REST REASSESS

Lie on the floor with your arms and legs straight and relaxed, palms face up. Breathe and allow your body to relax into the floor. Close your eyes and take a moment to reassess. Remember the four common imbalances. Did you make changes? Do your ribs feel more weighted to the floor? Is your low back curve more relaxed and closer to your pelvis? Is your pelvis more weighted on your butt cheeks than on your tailbone? Have the backs of your thighs settled to the floor?