

# Lower Body Length and 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 and allow your body to relax into the floor. Remember, 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.



### BENT KNEE PRESS

With the roller still under your pelvis, place both feet on the floor, hip-width apart. Tuck your pelvis and allow your ribs to relax and sink into the floor. Engage your core. Lift your right leg up and interlace your hands over the shin or around the back of your thigh. Keep your left foot firmly on the floor and keep your left knee in line with your hip. Make sure your hips remain level on top of the roller, from left to right. Inhale, and on the exhale, accentuate the tuck of your pelvis and sense the pull on the front of your left thigh. Take a focused breath as you pause. Inhale and relax, then exhale and tuck the pelvis as you draw your right knee toward your torso. Think about your left knee reaching over your left foot in the opposite direction. Take a focused breath. Repeat one more time on this side. Repeat on the other side.



### HIP TO HEEL PRESS

With the roller still under your pelvis, make sure your left foot is on the floor and your left knee is in line with your hip. Raise your right thigh so your knee points toward the ceiling. Straighten your right leg out long and low in front of you and flex your ankle. Keep your pelvis heavy on top of the roller in a slight tilt, and keep your mid ribs relaxed and weighted to the floor. Keeping your leg straight, slowly bring your flexed right foot toward the ceiling and stop before your knee bends. On an exhale, in two directions, actively flex your ankle and tilt your pelvis, keeping your pelvis weighted to the top of the roller. Take a focused breath as you feel the tensional pull from your heel all the way down to your hip. Inhale and relax the foot. Then exhale and actively flex your foot and allow the pelvis to sink into the roller to find your tilt. Take a focused breath and pause as you accentuate the pull again. Repeat one more time on this side, then bring your right foot to the floor. Repeat on the other side.



### DRAWBRIDGE

Rest the center of your pelvis on the roller. Pull your knees toward your chest and clasp your hands around your left shin. Keep the pelvis in a tuck. Point your toes and extend your right leg toward the ceiling. Breathe in. On the exhale, slowly lower your extended leg like a drawbridge while maintaining a straight leg and an engaged core. Pelvis remains in a tuck. Pause and take 3 focused breaths. Reach your right arm overhead (same arm as extended leg) and turn your head away from your arm. Inhale, and on the exhale, reach your fingers away from your toes, keeping your core engaged and ribs heavy. Make sure your pelvis is in a tuck. Take 2 more focused breaths. Bring both knees back into your chest and repeat on the other side.



### 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 re-assess. 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?