

LOW BACK RESCUE

workshop outline

BY ALEXANDRA ELLIS

WORKSHOP OUTLINE
Low Back Rescue

Mobilizations

Lower Back

Glute Med

TFL

Activations

Bridge Roll Ups

Half Happy Baby Hip Flow

WORKSHOP OUTLINE
Low Back Rescue

Activations cont.

Pelvic Floor Rockers

Core Activation

Neutral Spine

X-Baby Rotation

Bird Dog

WORKSHOP OUTLINE
Low Back Rescue

Activations cont.

Floating Table Top

Hip Hinge

Hamstring Stretch at the Wall

Cool Down

Hip Stretch #3



▶ About AE Wellness and Alexandra Ellis

Alexandra Ellis is a Wellness Coach who specializes in helping people get out of pain with a combination of bodywork, wellness, and movement. Many of her clients are people who have been pushing through pain for so long they don't realize that a life without pain is even possible. Her teaching and studies focus on injury prevention, rehabilitation, and wellness, inspired by her studies at UC Davis where she earned a BS in Exercise Biology. She's made it her life's mission to help more people get out of pain so they can step into their greatest potential.

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