

Stretch For Mobility and Get Taller!

– Dr Mitchell Yass

Shortened quadriceps muscles and hip flexors leading to excessive arching of the lower back. This can lead to pain in the region as well as shortens the distance between the bottom of the rib cage to the top of the pelvis. Learn how to stretch the quads and hip flexors correctly to improve flexibility and mobility at the lower back and to actually make you taller by removing the excessive arching at the lower back.