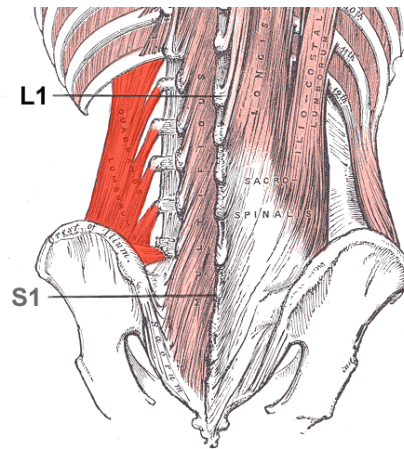


How to massage the Quadratus Lumborum with a Massage Gun

Quadratus Lumborum: Originates on the iliac crest and inserts on the lower border of the 12th rib and the transverse processes of L1-L4.



How does the Quadratus Lumborum get tight? One way it happens is if you sleep on the same side each night. If you sleep on the left side frequently, you will be slightly hiking the right pelvis. As such, the QL on the right side can eventually shorten.

The same is true if you tend to sit more on one side of your pelvis. The opposite side that you are sitting on will be hiked and can shorten over time.

Finally, if you sit with a flexed posture the QL can become overworked, stiff, and hypertonic (overly tensioned).

Why is a shortened QL a problem? Look at its attachments. If tight it could pull down on the rib cage or up on the pelvis. If tight the QL could also pull on the lumbar spine. All can cause an imbalance in your spine.

Massage

Have the person lie on their left side to get at the right Quadratus Lumborum (QL). The QL lies deep to the erector spinae.



Use the pointer attachment on the massage gun. You will be massaging from the bottom of the ribs down to the pelvic crest. You should be 1-2 inches from the spine. Pressure should be applied downward. You will and the strokes can be side to side and parallel with the muscle. Focus on tender spots or knots (trigger points).