

Knees to Chest



1. Lay on your back on a firm surface and bend your knees to bring them into your body.
2. Grab behind your knees or use a rolled towel behind your knees to avoid knee pressure.
3. Slowly pull the knees to your chest keeping low back in contact with the surface.
4. Repeat this motion holding for 1-2 seconds with knees at chest.
5. Perform 10 reps every 2 hours, or at your doctor's recommendation.
6. If you can't do both legs at the same time, then do one leg at a time!

*You should feel a good stretch in the low back and the hips to help open your body into that motion. If you cannot perform while on your back, these can be done seated and using the chair legs to pull you into flexion.



In Motion Spine & Joint Center

5242 Main Street

Spring Hill, TN 37174