

### **Knee to Chest**

This exercise is great for people who have back pain or discomfort due to an injury, bad posture, strain, general back pain. It can be a part of your daily strengthening program to care for the spine and stretch it out. This is a good exercise to do after a good workout to stretch out the back, hamstrings, glutes and hip flexors.

**Targeted Muscles:** Back, hamstrings, glutes, and hip flexors.

**Action Desired:** Relieve low back pain or discomfort.

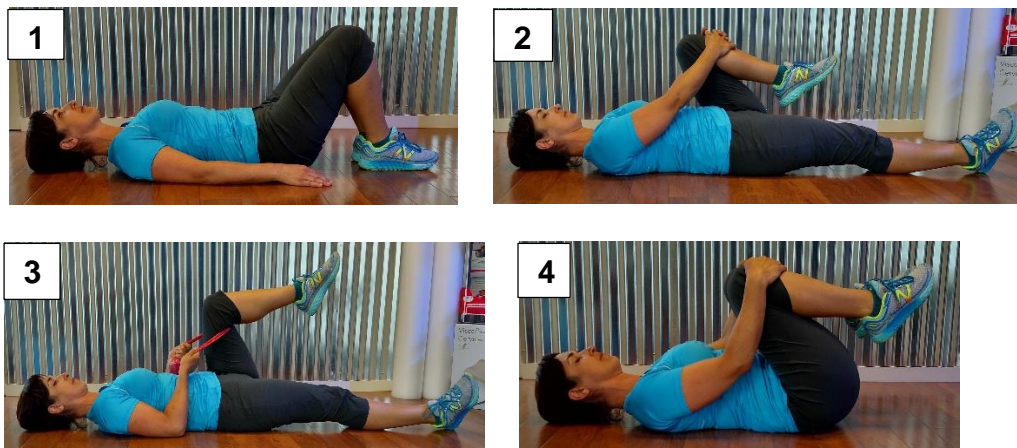
#### **Steps:**

**1)** Starting position: Lay flat on your back (Fig.1) and then slowly, lift one leg and use both hands to assist pulling your knee towards your chest (Fig.2). Pull the knee in as close as you can get to the chest. Hold position for about 15-30 seconds then release. Repeat on the other leg.

**Note:** You can assist the stretch by using a strap, belt or a towel to pull the knee towards your chest (Fig.3).

**Modified Version:** In starting position, bring both knees towards the chest at once (Fig.4). Hold for about 15-30 seconds.

**Repetitions:** Perform three times a day.



\* If these movements cause any pain or discomfort, please consult with your chiropractor.