

# Knee to Chest Stretch – Knee Flexion, Short Leg, Foot Flare

*To restore normal mobility of the lower back*

*Please note: This exercise should not be done on a bed.*

Lie on your back on the floor or a firm surface. Bend one leg at the hip and knee, drawing the knee toward your chest. Grasp this knee with both hands and pull the knee as close to your chest as possible. (Ex. A)

The other knee must remain straight and flat on the floor. Now, begin to push your knee against your hands, as if to straighten the leg. Hold the leg in place and do not let it straighten.

Hold this isometric position for a slow count of five. Return the leg to the floor and rest.

This procedure is done three times with one leg, and then three times with the other.

Your practitioner will instruct you when to begin using both legs at the same time. (Ex. B)

