

## Knee to Chest Exercise

- Lie on your back with your knees bent and your feet flat on the floor.
- Bring *one* knee to your chest (holding behind your knee is preferable), keeping the other foot flat on the floor (or the other leg straight, whichever feels better on you low back.) Keep your lower back pressed to the floor. Hold for 15 to 30 seconds.
- Relax and lower the knee to the starting position. Repeat with the other leg.
- Slowly bring *both* knees to chest. Hold for 15 to 30 seconds.
- Repeat 2 to 4 times with each leg. Perform daily and as needed.

