

Both Knees to Chest

Starting position: Lying on your back.

Action: grip the right hand behind your right knee then the left hand behind the left knee then gently pull both knees towards your chest until you feel a gentle stretch in your lower back. Hold 30 seconds.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same

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