



## HEALTHY ROUTINES EDUCATIONAL SERIES

### Knee to Chest\*

- Start at a standing position or laying down on the bed
- Go to a supine or a laying down position
- Grab from behind the thigh and pull up to your chest
- Hold for 15-30 seconds
- **Do not hold from the front of the leg**
- Repeat on the other side



#### **Alternative:**

- Repeat steps above but pull up your leg towards the opposite shoulder
- Hold for 15-30 seconds
- Repeat on the other side



*\*Disclaimer: If during this exercise you have any pain or discomfort, discontinuing and contact our office*

#### **Benefits:**

- Increase hip flexibility
- Reduces gluteal and piriformis muscles
- Reduces lower back tension

*Scan for video tutorial*

