



Single Knee to Chest

Virginia Mason Physical Therapy

- Lie flat on back with both knees bent and one leg on surface
- Grasp one leg at the knee, pulling leg up toward chest; let other leg flatten completely
- Pull to a gentle stretch
- Do not let flat leg come up off of surface
- Begin with three repetitions
- Perform this exercise two time daily

Wathch this video at [VirginiaMason.org/SpineExercises](https://www.virginiamason.org/SpineExercises)