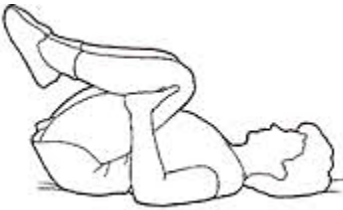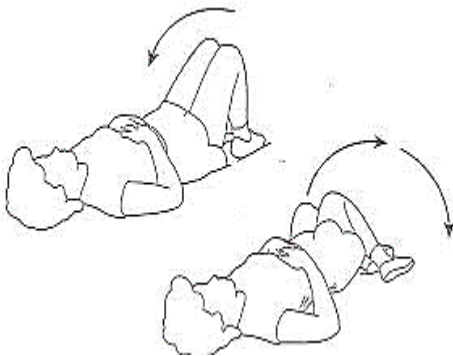## Single Knee to Chest

➢ Lie on your back with your head and neck supported
➢ Bend your knees and place your feet flat on the floor or bed
➢ Draw your belly button in towards your spine to flatten your lower back against the floor or bed
➢ Using both hands or a towel to assist you, grasp your right leg behind the knee and gently pull your knee towards your chest
➢ Hold for 10-30 seconds
➢ Relax back down to your staring position lowering your right leg back down to the floor or bed
➢ Repeat on the left side
➢ Repeat 5-10 times per side

Double Knee to Chest

➢ Lie on your back with your head and neck supported
➢ Bend your knees and place your feet flat on the floor or bed
➢ Draw your belly button in towards your spine to flatten your lower back against the floor or bed
➢ Using both hands or a towel to assist you, grasp your right leg behind the knee and gently pull your knee towards your chest
➢ Keeping your right knee up, repeat with the left knee bringing it up to meet the right knee until a gentle stretch is felt in the back of both legs into the buttock and low back regions
➢ Hold for 10-30 seconds
➢ Relax back down starting with lowering your right leg back down to the floor or bed, then your left leg while keeping your back flat to the floor or bed
➢ Repeat 5-10 times

Low Trunk Rotation

➢ Lie on your back with your head and neck supported
➢ Bend your knees and place your feet flat on the floor or bed
➢ Draw your belly button in towards your spine to flatten your lower back against the floor or bed
➢ Keeping your knees together, slowly lower your knees to the right until a gentle stretch is felt in the left lower back and hold for 5 seconds
➢ Slowly return to the middle starting position and then repeat slowly lowering the knees to the left side until a gentle stretch is felt in the right lower back and hold for 10-30 seconds
➢ Keep the shoulder opposite of the direction of the knees in contact with the floor or bed and stay within a pain-free range throughout the exercise
➢ Repeat 5-10 times per side