

Tennessee Back Pain Center

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Knees to Chest Flexion – Exercise Instructions

- This exercise is performed laying on your back, with your knees bent
- Grab either right below your knees on your shins or above your knees on the back of your thighs. Gently pull your knees towards your chest.
- Return to the starting position and repeat.
- Perform this exercise 10x every waking hour OR as prescribed by your doctor.
- Note:
 - This exercise is more of a stretch than a strengthening exercise.
 - While you might feel tight or discomfort at first, this feeling should go away as you continue through your 10.
 - If you are experiencing more pain the more you do, please stop and consult your doctor OR if you are noticing your pain going further away from your back and/or further down your leg, please stop and consult your doctor
 - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.



Knees to Chest

