

Knee to Chest

Flexion Exercise



- To start the Knee to Chest, lie on your back with your knees bent and feet flat on the floor. Don't press your neck or lower back to the floor. Breathe deeply. You should feel comfortable and relaxed in this position.
- Lift one bent knee and move it toward your upper body. Keep your abdominal muscles tight and your back flat on the floor.
- Hold for 10 seconds. Return to start position.
- Repeat this 3 times.
- Switch legs.