

# Lower Back/Hip Stretch

## Flexion Exercise



- For people whose pain is relieved by forward bending stretches or positions, like sitting or leaning forward when walking, the "Lower Back and Hip Stretch" is likely to help. Here are the steps:
- Lie on your back with your knees bent and feet flat on the floor
- Press your lower back on to the floor
- Grasp one knee with both hands and pull that knee towards your chest while keeping your head on the floor
- Keep the other knee bent with your foot flat on the floor
- Hold for a count of ten
- Return to the starting position
- Repeat with the other leg
- Do this stretch 10 times on each leg, for three sets