



Bloomsbury Osteopathy

# Low Back Exercises

## Knee Hug Stretch

### LSPM01

#### Function:

To increase range of movement in the lumbar spine, to stretch associated muscles and soft tissues, to encourage lumbar spine flexion, and to maximise spinal joint health.

#### Method:

##### Starting Position:

Lie on your back on a flat soft surface with the hips and knees bent towards your chest.

##### Action:

Bring both knees up to the chest as far as possible using your arms to pull the knees as close to your chest as possible. Hold this position for 30 - 60 seconds whilst breathing slowly and deeply. Return to starting position, relax and repeat.

##### Notes:

It is important to keep the hips flexed and knees up towards the chest during the exercise as this flattens and therefore protects the lower back. Another variation to the exercise is to rock the legs back-and-forth or from side to side. Consult your osteopath for advice.

- STRETCHING OF:
1. THE MUSCLES OF THE LUMBAR SPINE
  2. THE GLUTEI (BUTTOCKS)
  3. THE HAMSTRINGS  
(LSPM01)

