



**Bloomsbury Osteopathy**

# Low Back Exercises

## Knee Hug Stretch

**LSPM02**

### Function:

To stretch the muscles of the hip (glutei), the hamstrings and the muscles of the lower lumbar spine. Also helps to stretch the piriformis and sciatic nerve.

### Method:

#### Starting Position:

Lie on your back on a flat soft surface.

#### Action:

Place one leg completely flat on the floor and hug the knee of the affected side as close to your chest as possible. Hold this position for 10-30 seconds, relax and repeat. Try not to allow the pelvis to lift off the floor. Return to starting position, relax and repeat with the other leg.

#### Notes:

If your knee cannot bend due to arthritis or injury, then hold the back of the thigh instead and then pull the leg towards your chest. This stretch is considered relatively safe if you have a disc problem but as always consult your osteopath for advice before doing any exercise.

- STRETCHING OF:
1. THE MUSCLES OF THE LUMBAR SPINE
  2. THE GLUTEI (BUTTOCKS)
  3. THE HAMSTRINGS  
(LSPM02)

