

Knees to chest exercise

Single Knee to Chest

From the previous position, put your left foot flat on the floor. Lace the fingers of both hands together and place over your left knee.

Gently pull the left knee toward your left shoulder. Hold that position while your left hamstring muscle relaxes and lengthens.

Then, gently stretch the muscle again. Hold the second position for a couple of seconds. Then move your leg back to its original position, straight out and flat on the floor. Repeat with the right leg. Do 5 to 10 of these on each side.

Double knees to chest

From the position laying on the floor on your back, put both feet flat on the floor, take your hands and put a knee in each hand. Gently, pull both knees toward your shoulders, keeping your legs close together. Hold the position while the muscles of the lower back relax and stretch.

Then, move your knees away from each other and from your shoulders using as wide a circular motion as possible. Bring them back together at the maximum distance that your arms can reach. Repeat 5 to 10 times. Then reverse the circular motion for 5 to 10 more times.

These two exercises can help you immensely. Our complete series will help you relieve your pain permanently. More Exercises