

Lying 1 knee to chest stretch:

Exercise Purpose:

To stretch buttock and gain relief from spinal pain



Key Points:

- The right buttock is being stretched in this picture
- Pull your right knee up towards your chest and right shoulder
- Relax your shoulders and hold this position for this desired amount of time
- You should feel a stretch in your left buttock area

*If you have back pain or you have had a recent surgery you may find it easier to have the left knee bent with the foot on the bed during this exercise

For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=791>