

## Single Knee to Chest, Supine, with Towel



**Purpose:** To stretch hip and low back muscles.

1. Lie on back with knees bent and feet flat.
2. Slowly bring one knee toward chest.  
A towel can be used, if needed.
3. Hold each repetition \_\_\_\_\_seconds.

Do \_\_\_\_\_repetitions \_\_\_\_\_times a day.