

# Double Knee to Chest

Lie on the floor with your knees bent, feet on the floor and arms at your sides. Bring both knees to chest, clasping hands around the knees and pulling firmly towards your chest. Hold for three to five seconds. Slowly relax. Do as many sets or repetitions as recommended by your doctor.

SETS:

REPETITIONS/  
SET:



**NOTE** *Be certain to contract the abdominal muscles while keeping the lower back in contact with the floor. This exercise will help the muscles behind your thighs to be more flexible.*