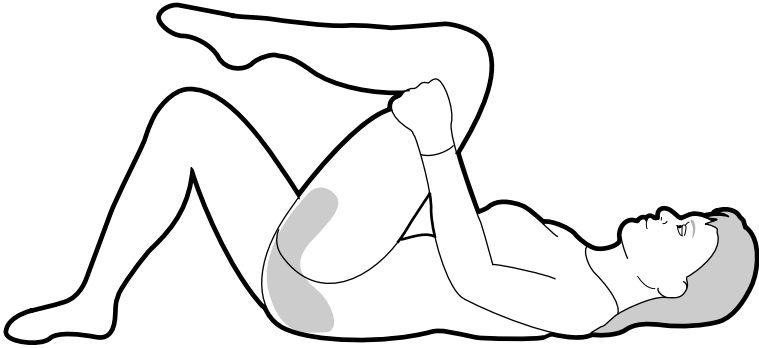


HOME EXERCISE PROGRAM
ONE KNEE TO CHEST



Purpose: Supported, controlled lumbar flexion.

Position: Lie on back with knees bent.

Action: Bring left knee to chest, pull it in with both hands behind the thigh. Hold this position for a count of _____. Return to the starting position. Repeat with each leg.

Hold _____ seconds.

Repeat _____ times, _____ times a day.

_____ PT
Physical Therapy Department