

Exercise Prescription: Supine Flexion

Purpose of Exercise:

This is a self-treatment for low back stiffness and can be used as one of the exercises to prevent low back pain from recurring once you have achieved full recovery.

Frequency:

3-4 times per day or about once every 3-4 hours.

Starting Position:

Lay on your back with your knees bent and your feet flat on the floor.

Exercise Description:

Bring both knees up towards your chest and place your hands around your knees. Gently but firmly pull your knees towards your chest as far as pain permits.

Hold this position for 2-3 seconds, then lower yourself back into the starting position. Repeat this movement 5-6 times per session, pulling your knees gradually closer to your chest on each rep.

Do not raise your head or tense your neck. Keep your knees bent during the entire exercise.

Remember that some minor new pains are normal and expected. If the pain becomes worse with each repetition (intensifies or spreads from your back to leg or farther down your leg), discontinue the exercise.

*This exercise must always be followed by the Prone Press-up.

Pictures:

