

Flexion in lying

Fig A.



Lie on your back with your head resting on a pillow and your knees bent comfortably (Fig A).

Engage your stomach muscles and draw both knees in towards your chest (Fig B).

Hold and repeat as directed by your physiotherapist.

Fig B.



To progress this exercise - use both arms to gently increase the stretch in your lower back (Fig C).

Hold and repeat as directed by your physiotherapist.

For a video demonstration of this exercise please press '**Ctrl**' and click [HERE](#)

Fig C.



Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.



NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.

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