

# Lumbar Flexion Pain Relief Exercises

Created by Cameron Garber, DPT Sep 10th, 2015

View at "[www.my-exercise-code.com](http://www.my-exercise-code.com)" using code: L2RKBKZ

Total 3



## SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 2 Times  
Hold 30 Seconds  
Complete 2 Sets  
Perform 3 Time(s) a Day



## DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.

Repeat 3 Times  
Hold 30 Seconds  
Complete 3 Sets  
Perform 5 Time(s) a Day



## SEATED LOW BACK STRETCH

While sitting in a chair, slowly bend forward and reach your hands for the floor. Bend your trunk and head forward and down.

Repeat 10 Times  
Hold 4 Seconds  
Complete 2 Sets  
Perform 5 Time(s) a Day