

Knee to Chest: (Failed Thomas test)

Main muscles: Quadratus laumborum

Frequency (Days per week): Minimum of three times/week up to multiple times daily

Intensity: To the end of the range of motion and slight discomfort. If you stretch far enough, but not too far, the tension should subside a little as you hold the stretch.

Duration: Hold each stretch for 15 seconds up to a minutes or longer. Do this stretch with each leg three times or more.

Note: lie on your back with your legs straight. Bend one knee towards your chest. Grab below your knee on the back of the thigh of the bent leg and pull the knee towards the chest. Keep you back flat and do not rotate your hips. Stop pulling your knee to your chest if you feel your back arch or your straight let wanting to bend or come up off the mat. As you hold the stretch breath easily and rhythmically and relax the rest of your body. If you gently straighten out the bent leg as you are holding it to your chest you can feel the stretch change and emphasize the hip flexor muscles of your hamstring group (back of your thigh. If you want to emphasize the flexibility of your lower back, you can bend the straight leg (not the leg you are pulling towards your chest).

