

# MARIN PHYSICAL THERAPY

## Lumbar Flexion Exercises



Single knee to chest. Pull knee slightly outward toward shoulder.

Hold \_\_\_\_ seconds, repeat \_\_\_\_ times



Double knee to chest. Pull knees apart toward shoulders.

Hold \_\_\_\_ seconds, repeat \_\_\_\_ times



Seated flexion.

Hold \_\_\_\_ seconds, repeat \_\_\_\_ times