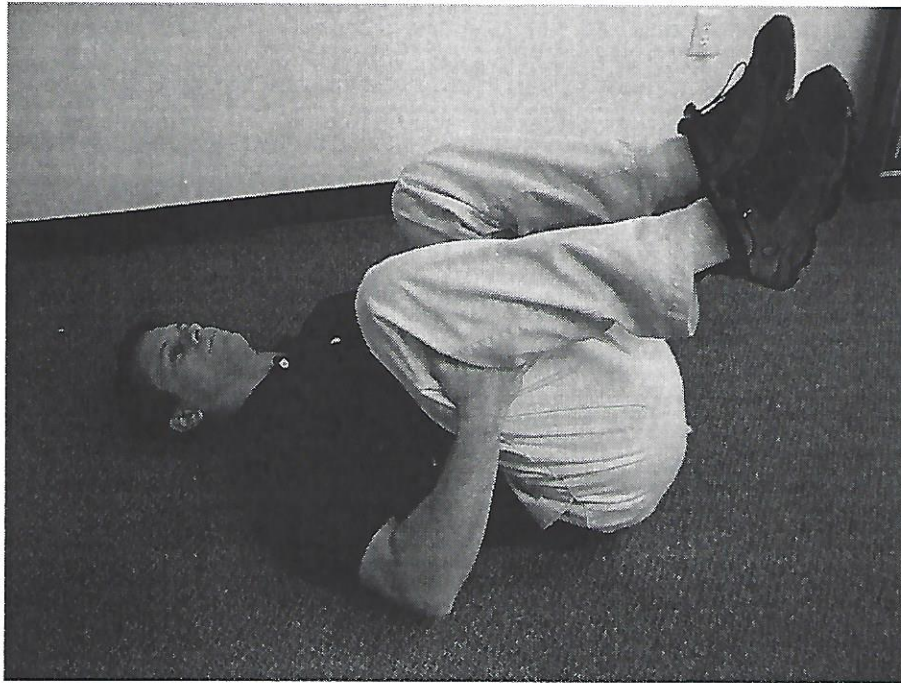


# Lindy Physical Therapy

## Specializing in Myofascial

### Double Knee to Chest Low Back Stretch

Lie on your back and pull both knees up toward your chest. Lift your tailbone up toward the ceiling and allow your knees to move apart as far as possible. Slowly and gently rock your body side to side while feeling for tender or hard spots in your back. Keep pressure on the hard/tender spots by rocking on them or pausing in a position which maintains pressure on the spot. Continue until you feel a decrease in the hardness or tenderness. Allow 2-5 minutes for several releases.

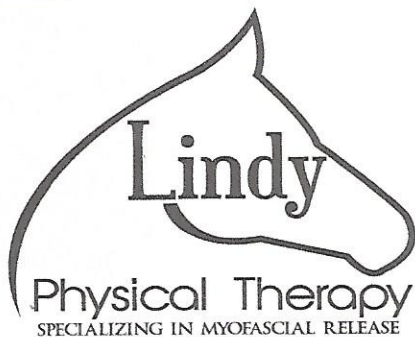


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Therapist

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Date



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