

# Static Back Knee Pillow Squeezes



Reps:

Sets:

Duration:

## Instructions:

1. Place a pillow or block between your knees
2. Inhale,. Then exhale, engage your adductors and gently squeeze pillow or block (about 30% of muscle strength)
5. Hold for 3 seconds
6. Relax, repeat as directed by your therapist

## Position: Static Back

Lying on your back, place your legs on a chair, at a 90 degree angle (if heels are beneath your knees, use a towel or pillow as a bolster to raise them to 90 degrees), keeping your ankles, knees, hips, and shoulders aligned. Arms are out to your side at a 45 degree angle, palms up.

**Purpose:** This position utilizes the floor and gravity to take out any rotations in the body. It isolates the pelvis and creates a horizontal weight load line between the pelvis and the shoulders. This position helps prevent compensation from occurring while performing other types of muscular work. Creates pelvic stabilization through the adductors.