HOW CAN A KNEE PILLOW ENHANCE YOUR HEALTH?

Keeps your hips and spine in alignment

Promotes blood circulation





Helps decrease back pain or straining of the



spine

Accelerates leg injury recovery, if recommended by your doctor



Accelerates postsurgery recovery, if recommended by your doctor

Provides adequate support during pregnancy



Source: https://www.momjunction.com/articles/best-knee-pillow_00823445/