



## Hip Flexor stretch

Place one foot up on a chair. Make sure both feet are facing forward. Perform a pelvic tilt and feel a stretch down the front of the thigh and hip. Add in an arm on the opposite side and reach toward the ceiling for a more intense stretch.

Repeat 1 Time  
Hold 45 Seconds  
Complete 3 Sets



## HIP FLEXOR STRETCH

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

Repeat 3 Times  
Hold 1 Minute  
Complete 3 Sets  
Perform 1 Time(s) a Day



## HALF KNEEL HIP FLEXOR STRETCH

While kneeling, lean forward and bend your front knee until a stretch is felt along the front of the other hip.

Repeat 3 Times  
Hold 1 Minute  
Complete 3 Sets  
Perform 1 Time(s) a Day



### Standing Hip Flexor Stretch

Take a big step with your left foot, bring your arms over head and lean backwards. Hold for 3-5 seconds, then step forward with your right foot and repeat.

Repeat 3 Times  
Hold 20 Seconds  
Complete 3 Sets



### Half Kneel Hip Flexor Stretch

With the right knee on the ground and the left out in front, place your right arm over head and lean to the left.

Repeat on opposite side

Repeat 3 Times  
Hold 20 Seconds  
Complete 3 Sets