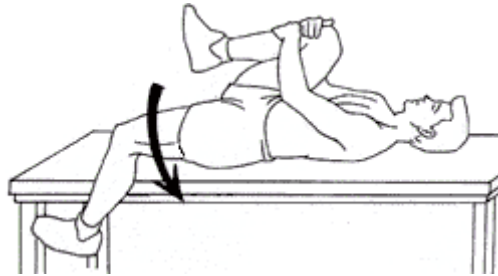


## Hip Flexor Stretches

**Exercise:**

Supine Hip Flexor Stretch

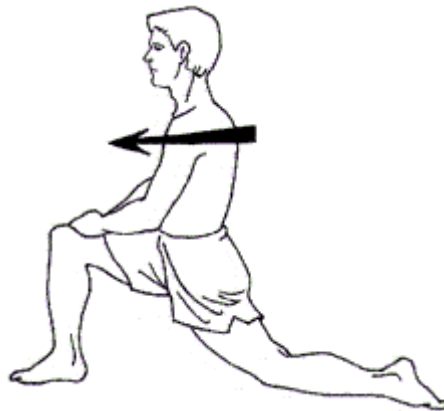


LYING ON THE EDGE OF YOUR BED PULL THE UNINVOLVED KNEE TOWARD YOUR CHEST. LOWER THE LEG YOU WISH TO STRETCH OFF THE BED AS ILLUSTRATED.

<b>Repeat:</b>	3 times	<b>Sets:</b>	1
<b>Hold Time:</b>	30 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		

**Exercise:**

Half Kneeling Hip Flexor Stretch



STARTING IN THE HALF-KNEELING POSITION MOVE YOUR HIPS AND TRUNK FORWARD UNTIL A STRETCH IS OBTAINED IN THE HIP POCKET (HIP FLEXORS) OF THE THIGH WHOSE KNEE IS KNEELING ON THE GROUND. TAKE CARE NOT TO ARCH THE BACK.

<b>Repeat:</b>	3 times	<b>Sets:</b>	1
<b>Hold Time:</b>	30 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		