

HIP FLEXOR STRETCH

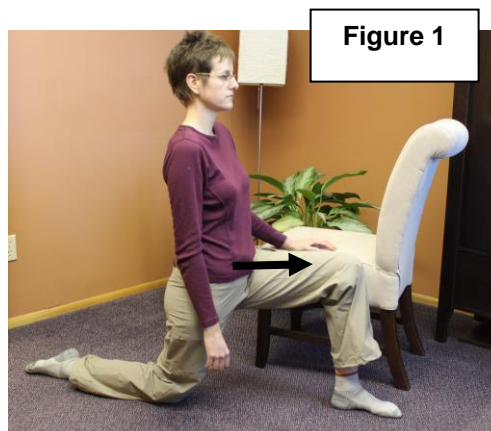
Figure 1 - kneeling

Kneel in position as picture shows.

Slowly roll pelvis under (tucking tail under) until first barrier. Slowly shift pelvis forward until barrier.

Gently lengthen by taking a slow inhale (allowing ribs to lift toward head) and imagining your back knee sinking into the floor.

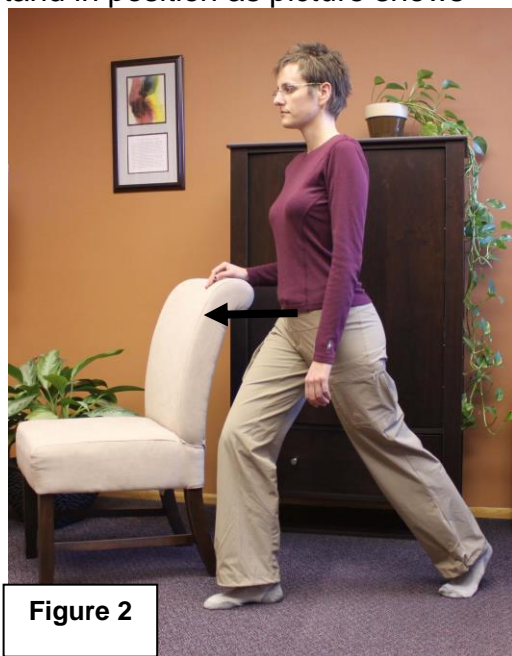
Hold for a minimum of 90-120 seconds.



NOTE: Do not extend back (this may increase strain in the low back).

Figure 2

Stand in position as picture shows



Slowly roll pelvis under (tucking tail under) until first barrier. Slowly shift pelvis forward as your front knee bends until barrier.

Gently lengthen by taking a slow inhale (allowing ribs to lift toward head) and imagining your back leg sinking toward the floor.

Hold for a minimum of 90-120 seconds.