Hip Flexor Stretch – Half Kneeling



Purpose: To stretch muscles that rotate hip and thigh.

Position: Kneel with one foot in front of you. Tighten abdominals and buttocks.

Action: Slowly shift weight forward onto front until you feel a stretch on the front of the leg you are kneeling on. Do not allow back to move.

Hold each repetition ____ seconds.

Do ____ repetitions ____ times per day.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.