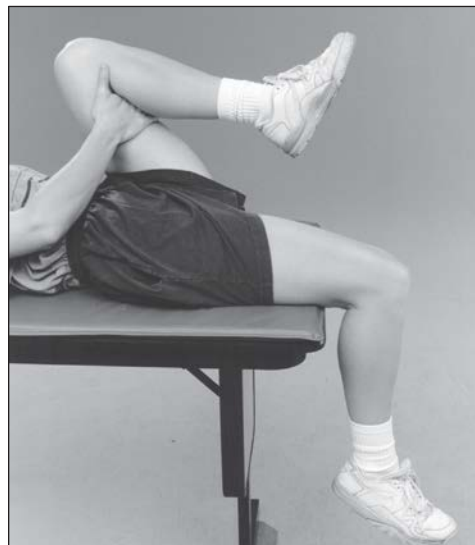


## Hip Flexor Stretch – Supine



**Purpose:** To stretch muscles of the front of the hip and thigh.

**Position:** Lie on back.

- On a flat surface.
- Near the edge of a table or firm bed, so thighs are half off the surface.

**Action:** Bring one knee up toward chest.

- Attempt to keep opposite leg straight and flat against the table.
- Attempt to keep opposite thigh in contact with the table, while also keeping the knee bent. Keep thigh in midline. Do not allow low back to move.

Hold each repetition \_\_\_\_ seconds.

Do \_\_\_\_ repetitions \_\_\_\_ times per day.