



**Notes :**

Consult with your doctor before attempting any of these exercises. As with all stretches, you should not stretch to the point of intense pain! A tolerable amount of discomfort should be more than sufficient. You do not want to pull (or tear) your muscles, or be very sore the next day.

**1 Hip flexors stretch (static)**



Reps: 3 Freq: 3x/day Duration: 20

Kneel on one knee creating a 90° angle with the opposite hip and use a chair for support. Tilt your pelvis backwards to flatten your lower back and transfer your weight forward until you feel a gentle stretch on the anterior aspect of your hip of the lower leg. Maintain the position and relax. Maintain your upper body upright and your lower back flat (not arched).

**2 Hip flexors stretch**



Reps: 3 Freq: 3x/day Duration: 20

Lie on your back with your knees bent and your feet flat on the ground. Lift one knee towards your chest and hold it with your hands. Slide your other leg out straight. Hold the position for the recommended time.

**3 Stretching iliopsoas**



Reps: 3 Freq: 3x/day Duration: 20

Stand with your feet staggered and the back knee slightly bent. Tilt your pelvis backward and slowly bring your weight forward onto your front leg until a stretch is felt in front of the hip. Keep the back in a neutral position for the stretch. Maintain the position for the recommended time.