

# Hip Flexor Stretches (Psoas, Iliacus, Quadriceps)



Step 1: Lunge, back knee rests on the floor.

Step 2: Place pad under knee for comfort or if you have knee problems

Step 3: Place hands on a chair or ball for support

Slowly lean forward. Keep upper body upright

Exhale, lift the back knee off the floor; hold for 2 seconds

Step 4: Lower the knee back to the floor

Step 5: Repeat stretch 2-3 times

