

Hip Stretch



Hip Flexor Stretches with Ball (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

Step 4: Slowly lean forward. Keep upper body upright

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

Step 5: Lower the knee back to the floor

Step 7: Repeat stretch 2-3 times

