

STANDING HIP FLEXOR STRETCH

- Stand next to something steady like a table, countertop or wall.
- Step the leg you are stretching backward.
- Keep heel on the floor at all times and foot pointing straight forward.
- Gently translate your upper body and hips forward without bending over.
- Stop when you feel a gentle pulling sensation down the front of the back leg and hip.
- Tighten the buttock (butt cheek) on the backward leg.
- Hold for 30-60 seconds.
- Translate the hips further forward if you need more stretch.

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