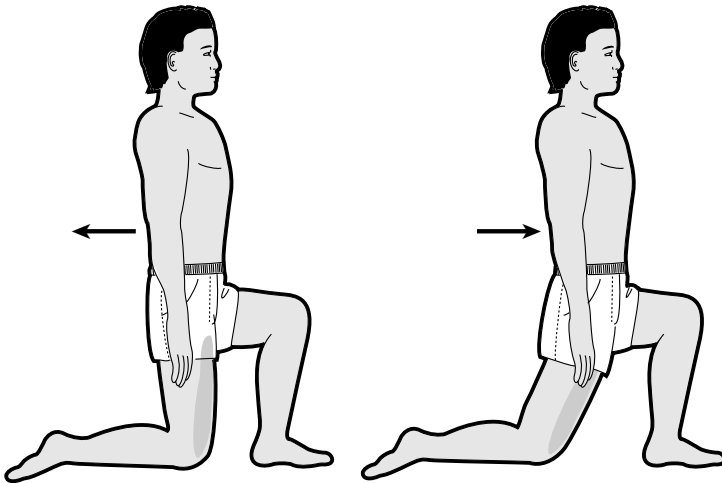


HOME EXERCISE PROGRAM

HIP FLEXOR STRETCH



Purpose: To stretch the deep muscles that attach to the spine and near the hip.

Position: Kneel on one knee with the other foot flat on the floor.

Action: Do a pelvic tilt to flatten the low back. You may feel the stretch across the hip joint. To increase the stretch rock body forward without allowing any back movement.

Hold _____ seconds.

Repeat on the other side.

Do exercises _____ repetitions, _____ times a day.