

Hip Flexor

Description: Stretches the front of the hip and upper thigh.

Before: Kneel on one knee in front of a wall with your left foot about one foot from the wall. Support your upper body with your hands against the wall at shoulder level.

After: Slowly walk your right foot as far behind you as you can. Then, bend your elbows to let your upper body approach the wall in front of you. You should begin to feel a stretch in the front of your right hip and upper thigh. To increase the stretch slowly rotate your right hip towards the floor.



Before



After