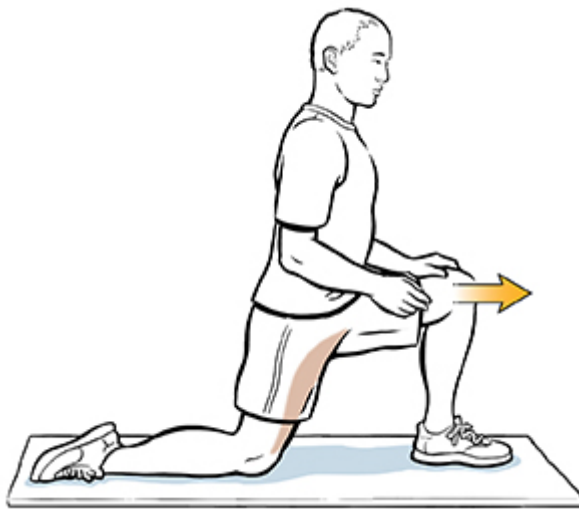


Hip Flexor Stretch (Flexibility)



1. Kneel on the floor on a mat or carpet. Put your right foot on the floor in front of you, with the knee bent. Hold on to a chair for balance if needed.
2. Press your hips forward, keeping your back and shoulders upright. Feel the stretch in the front of your left hip.
3. Hold for 30 to 60 seconds. Relax.
4. Repeat 2 to 3 times. Switch sides.
5. Repeat 3 times per day, or as instructed.



© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions. This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.