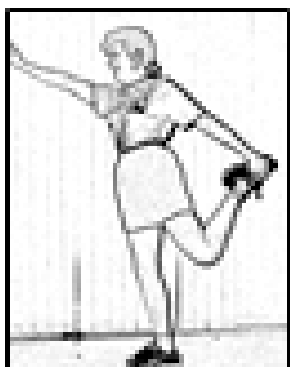
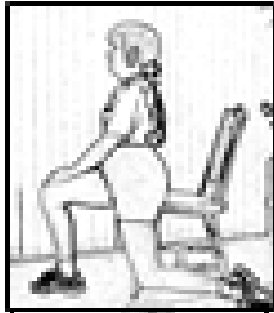


2 Joint Hip Flexor (front of thigh) Stretches



Posture principles

1. Reach leg behind you as far as the heel will go away from the buttocks while keeping the knee bent
2. Chest “forward”
3. Stomach tight
4. Head high, Chin in
5. Pinch shoulder blades “back”
6. Hold position for 30 seconds

Position choices – in order of difficulty

1. Perch on front of chair with stretched leg off
2. Sitting, hold your ankle with foot as far back as possible
3. Lie on back holding opposite leg behind knee
4. Hold back of chair
5. Stand on one leg and reach leg as far as possible backward