

Hip Flexor Stretch



- Lie on your back with your hips at the edge of the bed.
- To stretch the right hip flexor, let the right leg hang off the end of the bed while pulling the left knee toward your left shoulder.
- Hold for 10-20 seconds
- Repeat on opposite side.

*This stretch can be done off the side of the bed as well without pulling the opposite leg up. Just let the weight of the leg provide the stretch.