

Hip Flexor Strain Exercises



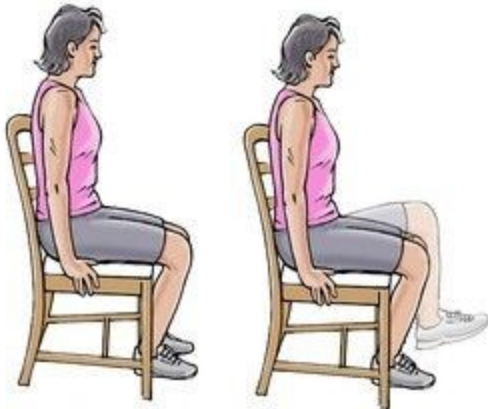
Resisted hip flexion



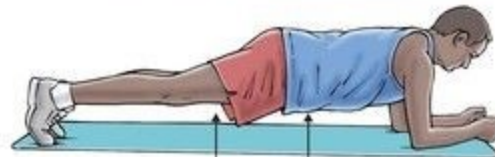
Hip flexor stretch



Quadriceps stretch



Seated hip flexion



Prone plank



Abdominal drawing-in maneuver



Quadruped hip extension



Supine hip flexion