



Standing Hip Flexor Stretch

Pick an object, such as a desk, that is approximately 30" high. Place one foot up onto the object and lean forward until you have flexed the hip and leg as far as possible. At that point lean your trunk backward, stretching the musculature and soft tissue in the front of the opposite hip and thigh. Hold in a gentle but sustained stretch for 4-5 minutes, or as directed by your therapist. Repeat as directed on the opposite side. If necessary, you can use a lower object, but it may be necessary to stand farther away in order for the stretch to be effective.

Disclaimer: The information provided above is intended for use in conjunction with a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.

Copyright 2009 by Walt Fritz, PT