

# HIP FLEXOR STRETCH

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Using a soft padded sturdy chair

Place knee of painful side in the center of a chair. Hold back of the chair with the arm that is closest

The opposite foot should be placed in the front of the chair.

Stand straight up with shoulders over your hips and bend the front knee forward

Hold for a full minute.

You should feel this in the groin of the leg kneeling on the chair.

