

Exercise plan:  
**Hip flexor stretches**



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### **Hip Flexor Psoas Stretch 1**

In a kneeling lunge position, move your body forwards to create a stretch to the front of your thigh and groin. If you want to make the stretch stronger, tilt your pelvis backwards as shown. Use a pillow under your knee if you find you need the padding.

**Hold for 1 min, repeat 2 times, 1-2 times daily, 7 times weekly, Both sides**

Video: <http://youtu.be/sDn-UtqdX58>



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### **Quadriceps Stretch 2**

Pull your foot towards your bottom. If you are unsteady on your feet, make sure you hold on to something sturdy like a wall or a table. You will feel a stretch to the quadricep muscles at the front of your thigh.

**Hold for 30 secs - 1 min, repeat 2 times, 1-2 times daily, 7 times weekly, Both sides**

Video: <http://youtu.be/BZwmTXwu2fk>

Please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [info@therapistation.co.uk](mailto:info@therapistation.co.uk).  
Good luck and keep with it!  
Therapy Station Team