



THE HOUSE OF
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Hip Flexor Stretch. Begin by $\frac{1}{2}$ kneeling on the floor, then placing both hands by the front knee, lunge forward until you feel a comfortable stretch in the front of the hip. Tighten your abdominals while you stretch this area, to avoid arching or straining your back. Hold 20-30 seconds, and repeat 2-3 times each leg.



Hip Flexors. Place one leg forward with your knee above your toe, and the other stretched back with that knee touching the floor. Your hands can be placed on the front leg or floor to aid balance. Slowly push the pelvis forward until you feel the stretch in the upper thigh / hip flexor muscle of the rear leg.

