

Hip Flexor Stretch



Description: Drop into a lunge position, allowing your knee to rest on the ground or a mat to eliminate knee pressure. In order to have a true hip flexor stretch focus on tilting the pelvis posteriorly. To do this, contract the core so that your pelvis raises in the front. Then, contract your glutes and hold. You should feel this between the top of the quadriceps and the hip bones.

Sets/reps: 1-2 sets of at least 30 seconds per side.

Modifications: Raise the arm of the back leg to increase the stretch or raise the hind foot onto a raised surface.

Common Mistakes: Using ballistic stretching. This is when 'bouncing' back and forth at the end of the range of motion occurs and can lead to injury.

Target Muscles: Iliopsoas, rectus femoris.

****Tip:** Stretch until you feel mild discomfort rather than pain.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

