

Hip Flexor Stretch



Starting Position

- Kneel on one knee with the opposite foot in front of you.
- Make sure the heel of your forward foot is in front of the knee.
- Hold your body upright, do not bend at the waist.



Pelvic Tilt

- This is the most important step.
- Pull tail bone down and forward, aiming to tilt your pelvis upwards the front.



Lunge Forward

- Whilst maintaining the upward pelvic tilt and straight spine.
 - Slowly transfer your weight on to your front leg.
 - You will feel a stretch at the top of your thigh and into your groin area.
 - Hold this stretch for 5 breathes.
 - DON'T BOUNCE!
 - Ease off the stretch and then repeat going deeper into the stretch.
- Repeat stretch 3 times on each leg.



Remember to breathe out as you go into the stretch posture!

N.B. If any posture causes pain, stop the exercise and speak to someone at Windsor Chiropractor.