

# Functional hip flexor stretch

**Patient Position:** Stand at staircase with right hand on railing, right leg bent on step, left foot on floor with toe in and heel out.

1. Lean forward into knee on step three times.
2. Slide glide to the right three times and then to the left three times while doing step #1.
3. Rotate right three times and then to the left three times while doing step #1.
4. Raise left arm and eyes to the sky and push forward to stretch while doing step #1.

**Switch sides and repeat the above instructions.**

**Home Program:** 2 x day x 1 week, once a day thereafter. Perform on both right and left sides



1



2



3



4