



## Thomas Hip Flexor Stretch

### **Starting position:**

Lie on the end of a bed or table as close to the edge with buttocks as possible.

### **Movement:**

Pull one knee in tight to chest with hands. Let other leg hang toward floor with gravity. You should feel stretch in the front of the hip that is hanging toward floor (where arrow indicates)

**Hold for \_\_\_\_\_ seconds**

**Perform \_\_\_\_\_ Reps \_\_\_\_\_ Sets \_\_\_\_\_ X/day**