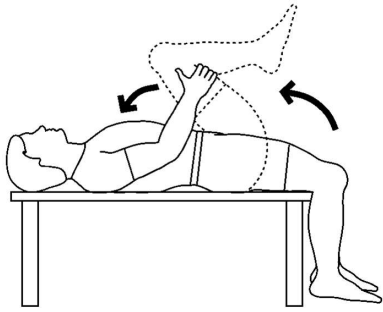


**Stretch hip flexors supine 1**

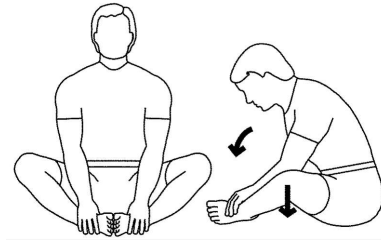


- Lie on back, with knees bent, hanging off edge of bed.
- Pull one knee up to chest.
- Keep other thigh flat on bed.
- Repeat with other leg.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

**Stretch groin sit**



- Sit with knees bent, soles of feet together.
- Slowly let your knees drop to floor.
- Grasp ankles with hands and lean forward from the hips.

**Special Instructions:**

Try to keep elbows on inside of knees.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

**Stretch TFL half kneel**

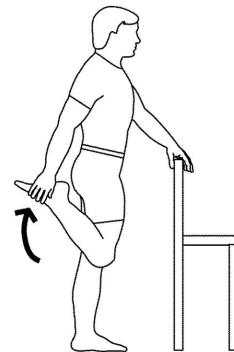


- Half kneel next to chair as shown with left leg up.
- Rotate kneeling leg outward.
- Place right hand on muscles on side of right thigh.
- Flatten back by tightening abdominal muscles.
- Move hips forward and shift hips to the right until a stretch is felt in outside of right thigh.
- Repeat for left leg.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

**Stretch Quads standing**



- Stand on uninvolved leg, using table or chair for balance.
- Bend knee of involved leg.
- Grasp with hand and gently pull up toward buttocks.
- Hold and repeat.

**Special Instructions:**

Keep thigh straight in line with body, do not bend at hip.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.