

SUPINE HIP FLEXOR STRETCH



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- Purpose:** Reduces forward-tipped pelvis, reduces excessive lumbar lordosis and/or pelvic torsion.
- Benefit:** Enables improved neutral pelvic position throughout swing.
- Instruction:**
- Lay on back with one leg hanging over table while raising opposite leg slightly past 90°, hold behind the knee with both hands.
 - Allow the straight leg to stretch out over the table.
 - Stretch should be felt through front of leg and hip.
- Quantity:** Hold _____ side(s) _____