



Quadruped Hip Flexor Stretch

Purpose:

Stretches out the hip flexor muscles to help allow a neutral pelvis and enable better pelvic rotation.

Benefit:

Enables improved neutral pelvic position throughout swing.

Instructions:

Assume a position on all fours and then drop down on to forearms. Place swiss ball under lower thigh just above the knee on side you are stretching. Make sure pelvis is not tilted to the side. Move the hips back towards the ball to achieve the stretch. For more stretch bend knee to achieve desired stretch.

Quantity:

Hold _____ minutes _____ side(s) _____ reps.

