



Quadruped Hip Flexor Stretch

Purpose:

Reduces forward-tipped pelvis, reduces excessive lumbar lordosis and/or pelvic torsion.

Benefit:

Enables improved neutral pelvic position throughout swing.

Instructions:

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 _____ minutes _____ side(s) _____ reps.

