

The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

### Hip Flexor Stretch



**8**  
Reps

**1**  
Sets

- Kneel on leg to be stretched
- Tuck the pelvis under by lifting the pubic bone. Keep the glutes soft
- Lunge forward gently
- Feel stretch in front of hip and thigh and hold for 3-4 seconds.
- Return and repeat thinking of opening further with each stretch

[Watch Video](#)

### Hip Flexor/ITB Stretch



**6**  
Reps

**1**  
Sets

- Kneel on leg to be stretched
- Lunge forward, as with the previous exercise.
- Reach up the arm (same side as leg being stretched). Direct this arm towards the bent knee and feel the stretch move towards the side of the hip.

[Watch Video](#)

### Hip Flexor & Trunk Rotation Stretch



**0:05**  
Hold

**3**  
Sets

- Start on hands and knees
- Step 1 foot forward in line with the opposite hand
- Reach up to the ceiling with the arm on the same side as the leg. Sit back onto both hips.

[Watch Video](#)

### Hip Flexor Stretch-Standing



**5**  
Reps

**1**  
Sets

- Standing in split stance
- Lunge forward, and keep a mild back tilt of the pelvis by drawing up on the pubic bone
- Feel stretch in front of hip and thigh
- Repeat the movement in and out in a rhythmic manner

[Watch Video](#)

### Hip Flexor Stretch (Thomas Stretch)



**0:30**  
Hold

**1**  
Sets

- Perch on the end of a high bench or bed
- Holding 1 knee to your chest lay back onto bench
- Allow the other other leg to hang off the end of the bench and hold this position
- Feel stretch in front of hip and thigh. Breathe into this stretch and fully relax

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice from your health professional if you experience any discomfort during this exercise routine.