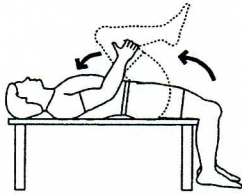
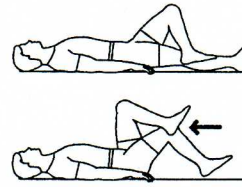


**Stretch hip flexors supine 1**

- 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 hip/knee figure 4**

- Lie on back, knees bent.
- Move left ankle over right knee.
- Gently lift right knee up to chest until stretch is felt.
- Repeat with other leg.

**Perform 1 set of 4 Repetitions, twice a day.**

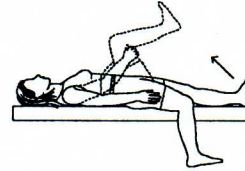
Hold exercise for 20 Seconds.

**Stretch hip/knee figure 4 modified**

- Lie on back with legs straight.
- Bring left ankle over right knee and let left knee drop to floor.
- Repeat with other side.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**Stretch Hip flexors leg abd supine**

- Lie on back on bed.
- Slowly drop right leg off side of bed with knee bent.
- Pull left knee to chest and hold with both hands.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**Issued By:** MMPC Orthopedics

**Signature:** \_\_\_\_\_

These exercises are to be used only under the direction of a licensed, qualified professional.

**Michigan Medical, P.C.**

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