



Hip flexor stretch

Starting position: Lying down, with the lower back flat on the bed and the legs hanging over the edge. The bed should be high enough that the feet do not touch the floor.

1. Have your child slowly bend their knee without a frame up to their chest and hold it. To bend the knee, their hands should be just below the knee joint as shown in the pictures. The leg with the frame should have the knee bent over the edge of the bed.
2. If your child feels a stretch through the front of their hips, this may be enough of a stretch. If your child does not feel a stretch, have them slowly pull the knee without a frame closer to their chest until a stretch is felt.

Do exercise ____ times.

Repeat ____ times a day.

** Note: It is important that the thigh stays lined up with the torso throughout the stretch. Do not let your child's leg drift out to the side, as this minimizes the effectiveness of the stretch.*