

The Exercises

Exercise	Instructions	Reps/Time	Benefits
Kneeling Hip Flexor Stretch	<ol style="list-style-type: none">1. Kneel on one knee, with the other foot flat on the floor in front of you.2. Keep your torso upright and push your hips forward.3. Optional: Raise the arm on the same side as your back leg for a deeper stretch.4. Hold, then switch sides.	Hold 30 seconds each side	Directly stretches the hip flexors, especially the psoas
Forward Lunges	<ol style="list-style-type: none">1. Stand with feet hip-width apart.2. Step forward with one leg, lowering until both knees are bent at 90 degrees.3. Ensure front knee aligns with ankle.4. Push back to starting position.5. Repeat, alternating legs.	10-12 each leg	Strengthens quads while stretching hip flexors
Straight Leg Raises	<ol style="list-style-type: none">1. Lie on your back with one leg straight and one knee bent.2. Keeping the straight leg extended, raise it to the height of the opposite knee.3. Lower slowly and with control.	12-15 each leg	Strengthens hip flexors and improves control
Mountain Climbers	<ol style="list-style-type: none">1. Begin in a push-up position.2. Bring one knee toward your chest, then return to starting position.3. Alternate legs in a running motion.4. Keep back flat and neck neutral.	30 seconds	Dynamically works hip flexors while engaging core

Bridge	<ol style="list-style-type: none"> 1. Lie on your back with knees bent, feet flat. 2. Push through heels to lift hips toward ceiling. 3. Squeeze glutes at the top. 4. Lower with control and repeat. 	12-15 reps	Strengthens glutes to balance hip flexors
Scissors	<ol style="list-style-type: none"> 1. Lie on your back with legs extended. 2. Lift both legs slightly off the ground. 3. Open and close legs in a controlled scissoring motion. 4. Keep core engaged and back flat. 	30 seconds	Works hip flexors in an extended position
Clamshell	<ol style="list-style-type: none"> 1. Lie on your side with knees bent at 45 degrees. 2. Keep feet together and raise the top knee while keeping feet touching. 3. Keep hips stacked and core engaged. 4. Lower and repeat. 	12-15 each side	Strengthens hip abductors to balance flexors
Swimming Superman	<ol style="list-style-type: none"> 1. Lie face down with arms extended overhead. 2. Lift chest, arms, and legs off the ground. 3. Flutter kick legs while maintaining the lift. 4. Keep neck in neutral position. 	30 seconds	Strengthens posterior chain to balance flexors
Active Hip Flexor Stretch	<ol style="list-style-type: none"> 1. Start in a lunge position. 2. Engage the glute of your back leg. 3. Push hip forward while slightly lifting the back knee. 4. Hold briefly, then release. 	10 reps each side	Combines stretching with activation

Supine Hip Flexor Stretch	<ol style="list-style-type: none"> 1. Lie on your back with legs extended. 2. Pull one knee to your chest. 3. Keep the other leg extended and pressed into the floor. 4. Hold, then switch. 	Hold 30 seconds each side	Gentle stretch for those with back issues
Seated Hip Flexor Stretch	<ol style="list-style-type: none"> 1. Sit on the edge of a chair. 2. Extend one leg backward. 3. Lean forward slightly while keeping back straight. 4. Feel the stretch in the front of the extended leg's hip. 	Hold 30 seconds each side	Great for office breaks
Prone Hip Flexor Stretch	<ol style="list-style-type: none"> 1. Lie face down. 2. Bend one knee and gently grab your foot. 3. Pull heel toward buttock while keeping hips flat. 4. Hold, then switch sides. 	Hold 30 seconds each side	Intense stretch for rectus femoris
Dynamic Lunges	<ol style="list-style-type: none"> 1. Start in a standing position. 2. Step forward into a lunge. 3. Push back to starting position. 4. Alternate legs in a fluid motion. 	10-12 each leg	Dynamic strengthening for better function
Psoas March	<ol style="list-style-type: none"> 1. Lie on your back with knees bent, feet flat. 2. Lift one knee toward chest. 3. Lower and repeat with the other leg. 4. Maintain neutral spine throughout. 	12-15 each leg	Isolated strengthening of the psoas