

Kneeling Hip Flexor

Start: Kneel on the floor with the legs bent to a 90° angle, body erect, head neutral, chest up and out and arms hanging by the sides creating a straight line from the head to the knees.

Action: Flex the right hip bringing the right foot in front of the body contacting the ground with a 90° angle of the knee. Lean the torso back slightly pressing the left hip forwards to intensify the stretch. Hold stretch for 20-30 seconds.

Finish: Return to the starting position and repeat with the opposite leg.

Muscles targeted: Psoas. Tight psoas can be attributed to prolonged sitting and cause low back pain.

