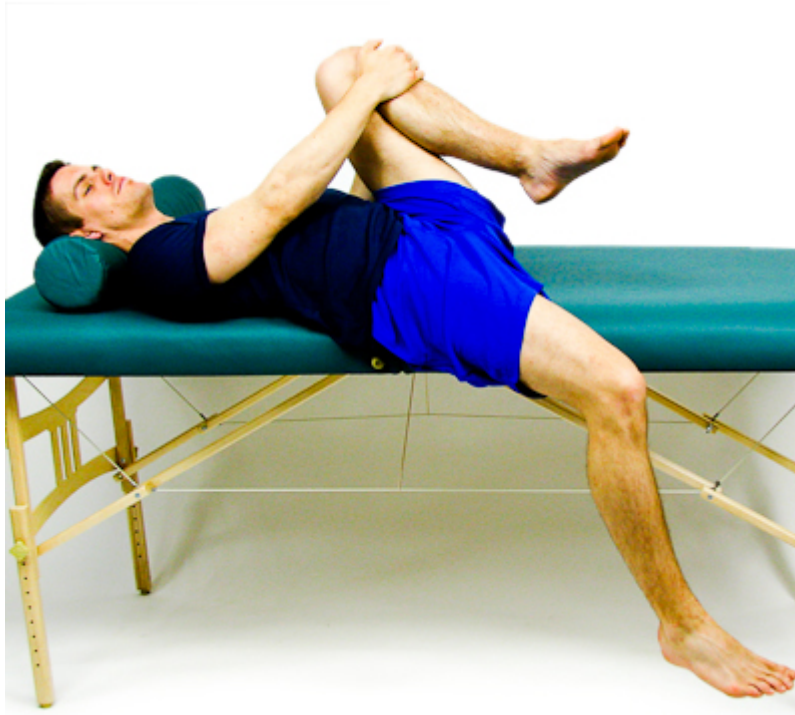




HIP FLEXOR STRETCH

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh. At the same time, grasp your opposite knee and pull it towards your chest.



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