

# How to Do the Hip Flexor Stretch

The hip flexor exercise stretches the muscles in the front of your hip and upper leg.

Here's how to do it.

Start by kneeling on the floor.

Bring your right leg forward so your right foot is flat on the floor, directly under your right knee.

You can put your hands on your raised knee or on your hips.

If you need to, you can rest one hand on a chair.

Now slowly push your hips forward until you feel a stretch in the front of the upper thigh of your left leg.

Hold it there for 15 to 30 seconds.

Do this stretch 2 to 4 times, then switch legs and repeat.

Remember, if an exercise makes you feel worse, stop doing it.