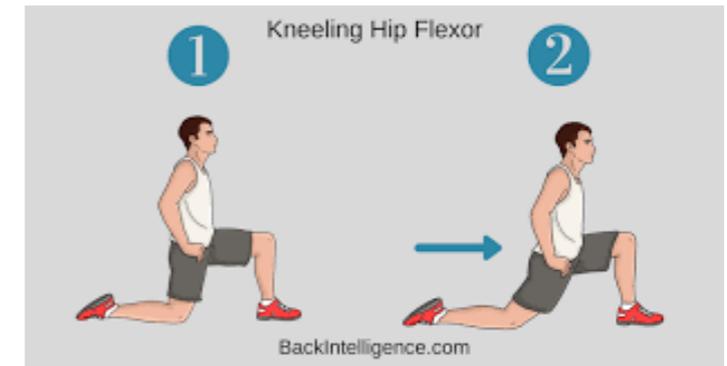


# Hip Flexor Stretch

**Types (progression):** There are a variety of ways that you can stretch your hip flexors. You can do it kneeling or standing or with one foot on chair. Typically positions are done out of a lunge position. You can also do them on the floor. **Performance:** Stretch for 15 or more seconds 1-3 x a day. You can do this stretch often and I would suggest it. I especially like the chair version. **Form:** Initially keep a nice upright torso, tuck your tail bone slightly, maintain a little glute and core squeeze, then gently push your pelvis forward until you feel a nice stretch through the front of the hip of the back leg. Once you feel the stretch, gently moving back and forward through the stretch, maintaining the pelvic tuck for 15+ seconds for 1-3 sets. You can also reach arm up overhead and extend back with arm to increase the stretch ([see form kneeling](#)) ([see form supine](#))

**Do it Right!**  
Exercises you Should Do



**Hip flexor stretches are so simple and safe to perform, can help you stay pain-free, and they aids in better posture. Some consider it a must do pre-hab exercise. Some research suggests it helps with Lordotic Posture and Helps Your Glutes get more engaged.**

When you spend all day sitting your hip flexor muscle group spends an excessive amount of time in a contracted and shortened position. The hip flexors become shortened, tight, and weak (see next issue on how to strengthen them). The problem with this is that because of its attachments on the Femur, Pelvis and Spine, when you try to stand up straight your hip flexors can cause excessive lordosis of the lumbar spine by tilting your pelvis which will also lead to collapsed upper back posture, your thoracic spine. It will also limit your ability to optimally fire and recruit your glutes and abdominal weakness, over time creating weakness, instability, and huge risks of lower back issues. By simply performing a combination of strengthening and static stretching for your hip flexors on a regular basis, you can counteract all the shortening that occurs with the high amounts of sitting. Not only will it help improve full body posture and reduce pain, it will improve performance by increasing hip extension strength and power through improved glute activation and hip extension range, which helps with pretty much every sport under the sun.