

MARIN PHYSICAL THERAPY

Iliopsoas (Hip Flexor) Stretching



Maintain body as tall as possible.
Maintain level belt line.
Tighten abdominals.
Tuck rear under.
Shift weight forward without arching
low back.

Hold ____ seconds

Repeat ____ times



Keep low back flat. Tighten abdominal.
Push lower leg down toward floor.

