

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.

