

Hip Flexor Stretch with Ball



Ball Size: 75 or 65 CM

- Position body in a lunge kneeling position.
- Keep lower back in a neutral position. No bending forward from the back.
- Tuck exercise ball in front of the kneeling knee leg.
- Maintain the opposite leg foot slightly in front of the ball.
- Allow the ball to support your body.
- Keep your eyesight looking in a horizontal or upper ward position to prevent your body from flexing forward.
- Perform on both legs.

- Frequency of stretch
 - Perform once a day.
- Duration of stretch
 - Start with 2 minutes. Increase stretch by 30 secs every day until you reach desired duration between 5 to 10 minutes.
- Intensity of stretch
 - Mild to moderate intensity
 - To increase intensity, roll exercise ball forward a little and allow yourself to lean into the stretch a bit more.

Place a pillow, towel, or yoga mat underneath the kneeling leg to prevent any discomfort from having you knee on a hard surface.