

# Hip Flexor Rollout



1. Lie facedown on your foam roller so that it sits just below your right hip.
2. Bring your left leg out to the side at a 90-degree angle and place your forearms on the ground in front of you for support.
3. Straighten your right leg back behind you and take small back-and-forth and side-to-side movements.
4. When you find a trigger point, stop and hold it on the spot for 20 seconds or until you feel a release, then continue on.

Repeat on the other side.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

Dr. Ralph has also put together a home care kit that includes a small foam roller, balance disc, and bands that we are offering at our cost of \$30.00 and at this time we are offering no contact drop off service for the kit.

**We are currently back to seeing routine and maintenance patients. Please feel free to call 770.565.8151 if you have any questions about this exercise, our**