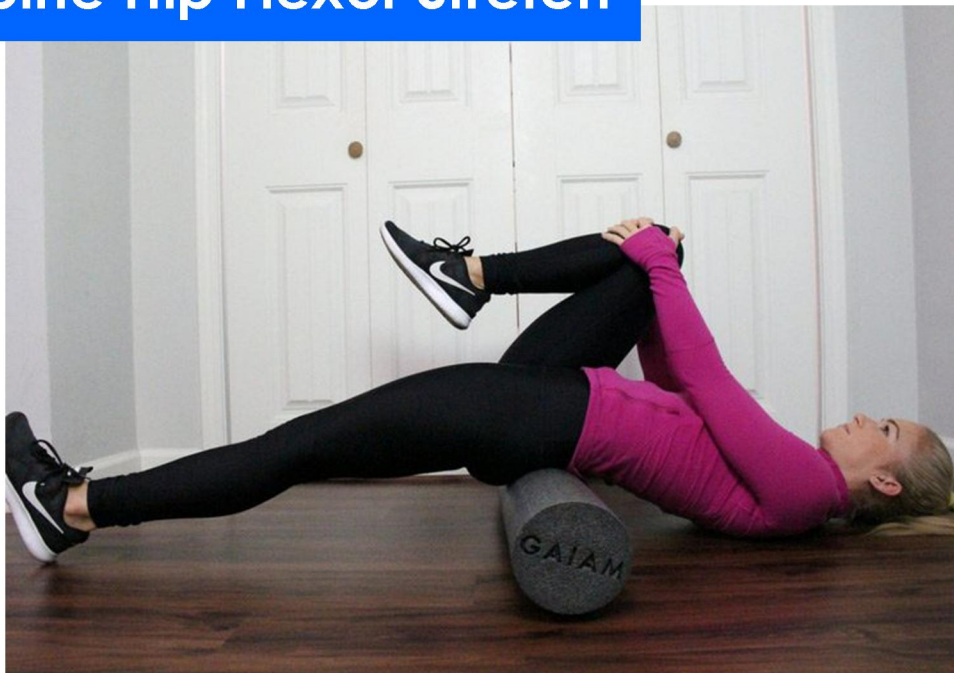


# Supine Hip Flexor Stretch



*Use this static hip flexor stretch to release your tight hip flexors.*

1. Lie flat on the ground with the foam roller resting underneath your knees.
2. Press into your feet to lift your hips and slide the foam roller underneath your sacrum.
3. Draw your right knee in towards your chest and extend your left leg out long.
4. Interlace your hands around the top of your right knee to deepen the stretch. Hold for 20-30 seconds, then switch legs.

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 schedule, or our home care kit.**