



Hip Flexor Strain Exercises



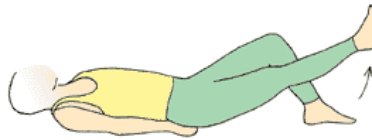
Hip flexor stretch



Quadriceps stretch



Heel slide



Straight leg raise



Resisted hip flexion