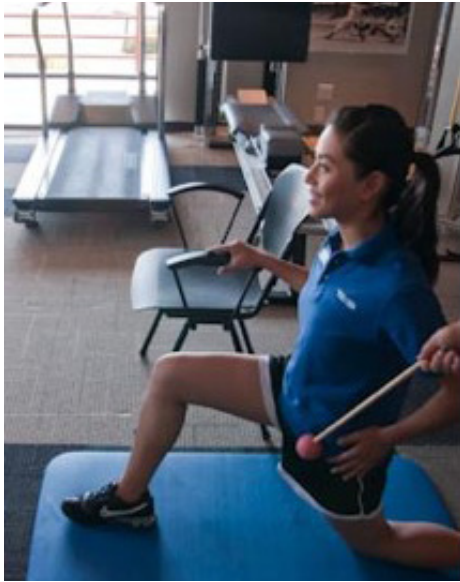
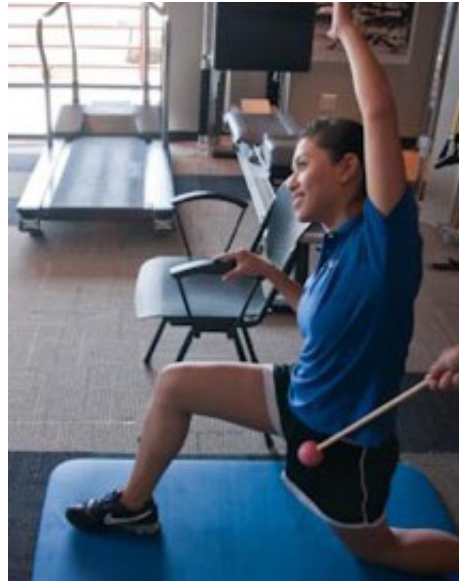


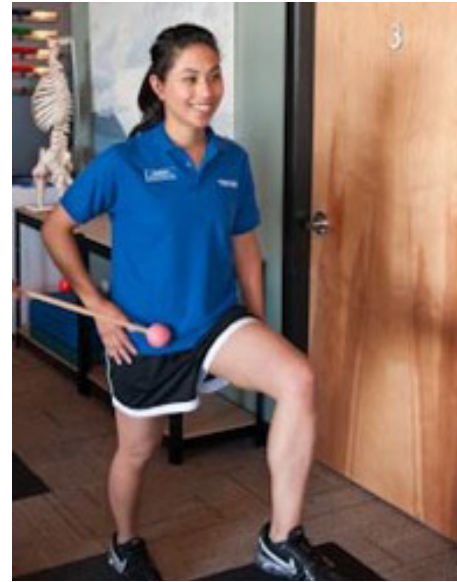
Hip Flexor/Psoas



Stretch Hip Flexor/Psoas (posterior tilt lumbar spine)



Stretch Hip Flexor/Psoas add sidebend away (posterior tilt lumbar spine)



Stretch in standing hip flexor/Psoas (Posterior tilt lumbar spine)



Stretch in standing hip flexor/Psoas add sidebend away (Posterior tilt lumbar spine)

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.