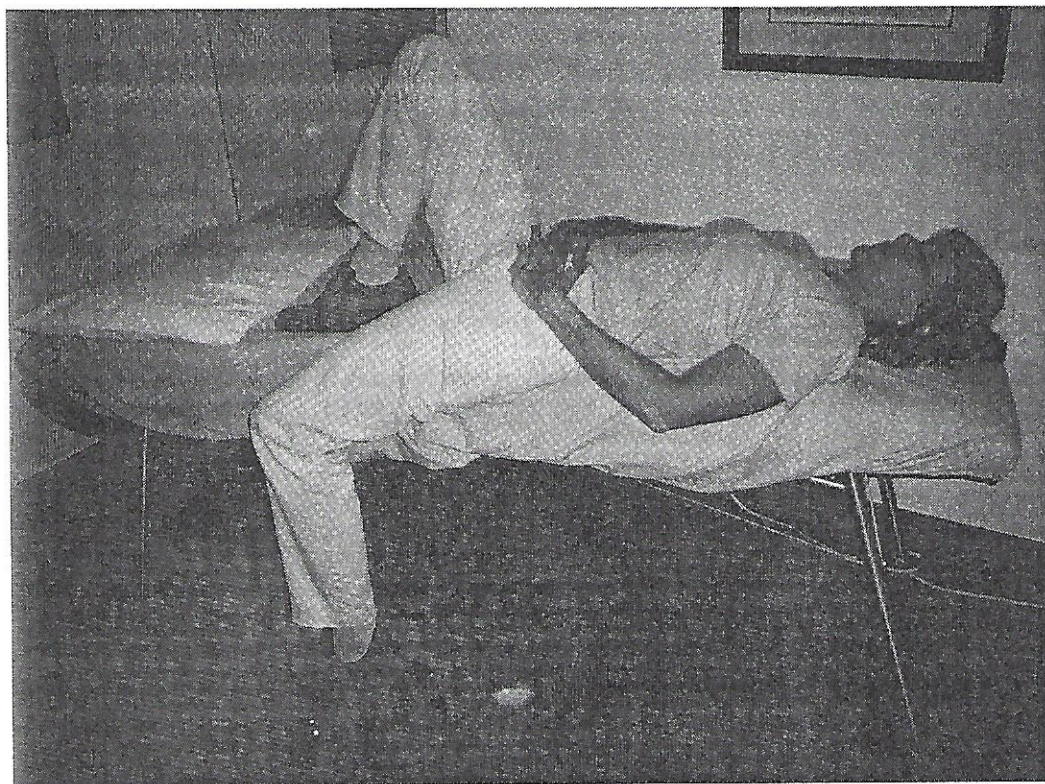


# Lindy Physical Therapy

## Specializing in Myofascial

### Hip Flexor Stretch

Lay on back with one leg up and the other leg off the side of the bed with you knee bent. Keep your back flat on the bed. Place your hands on the front of your pelvis with gentle pressure. You can also hook your foot under a stool or chair for extra stretch. Hold for 2-5 minutes to allow for several releases. Repeat with the opposite leg.



Sharon Lindy, P.T.

2412 Old North Road, Suite 100B

Denton, Tx 76209

940-372-1072

[www.horseplaygrounds.com](http://www.horseplaygrounds.com)