

## **Hip Flexor Matrix**

### **Sagittal Plane**

**Step 1:** Place unaffected foot up onto a chair and turn toes on other foot on floor inwards.

**Step 2:** Lean hips forward toward chair while bringing your arms above your head. Lean your body backwards until you feel stretch along front of leg that is planted on floor.

Repeat process 20 times.



### **Frontal Plane**

**Step 3:** Place unaffected foot up onto a chair and turn toes on other foot on floor inwards.

**Step 4:** Lean hips forward toward chair while bringing your arms above your head. Lean your body backwards until you feel stretch along front of leg that is planted on floor, then slowly drop hips from side to side.

Repeat process 20 times.



### **Transverse Plane**

**Step 5:** Place unaffected foot up onto a chair and turn toes on other foot on floor inwards.

**Step 6:** Lean hips forward toward chair while bringing your arms above your head. Lean your body backwards until you feel stretch along front of leg that is planted on floor, then slowly rotate trunk to from right to left.

Repeat process 20 times.

