

# Kneeling Groin Stretch (Iliopsoas)



## Instructions

1. From a kneeling position, place one foot in front of the other with the knee bent.
2. With head up and back straight, maintain square hips and drive the pelvis forward. Avoid twisting the trunk.
3. Do not let the front knee move beyond the ankle.
  - » Take deep breaths and let the hip flexor (Iliopsoas) muscle stretch. You should feel the stretch in the area of your front pocket.
  - » Alternatively, use a chair for balance.

Duration:

Repetitions:

Frequency: