



Masula Chiropractic
 30 Philadelphia Drive # A
 Chico, CA 95973
 530-342-6441

Client :
 Client ID :
 Date : Friday, March 6, 2026



Side Lying Hip Flexors

Lying on side, grasp ankle of top leg.
 Keep knee, hip and shoulder in line.
 Maintain a pelvic tilt and squeeze the buttock muscles to extend hip further (do not pull with hand) to feel a stretch in the front of the hip.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Flexors Lunge (High)

Standing feet shoulder width apart and toes pointed forward.
 Step one foot forward into a lunge position.
 Keeping upper body upright and pelvis square, slightly bend the back knee and tuck pelvis under to feel a stretch in the front of the thigh and hip.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Flexors with Tilt

Down on one knee into a lunge position so that knees remain shoulder width apart.
 Lunge position should be long enough so that the front knee does not bend past 90°.
 Keeping upper body square and upright, perform a pelvic tilt then lean torso to the opposite side to feel a stretch in the front of the hip.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Flexors Supine (Bed)

Lying on back on bed with hips at very edge and legs hanging off edge.
 Hug one knee to chest and let other leg hang to feel a stretch in the front of that thigh.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Flexors Bench

Place shin along bed or bench and bend front stabilizing knee to assume a lunge position.
 Keeping upper body square, bend front knee and perform a pelvic tilt to feel a stretch in the thigh of the trailing leg.
 Can hold on to a chair or the wall for stability.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Bridae Lea Extension

Holding the bridge position, maintain pelvic tilt and abdominal hollow.
 Slowly raise and extend one leg out until it is straight, keeping pelvis level.
 Lower foot back to floor and alternate.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31