Hip Flexor Strain Rehabilitation Exercises

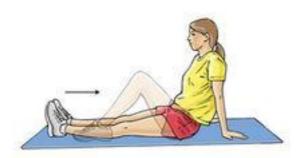






Hip flexor stretch

Quadriceps stretch



Heel slide



Straight leg raise







Clam stretch

Quadruped hip extension