

Hip and Knee Flexion From Passive and Active Hip and Knee Extension (Figures A-C)

- Purposes:**
- To increase hip flexion flexibility
 - To stretch the hip extensors (gluteus maximus and piriformis)
 - To improve the isometric control of the pelvis by the abdominal muscles
 - To move the lower extremities without pain

Starting position: Passive: Lie on your back with one leg straight and the other hip and knee bent. **Active:** Lie on your back with both legs straight.

Method: Perform variation if box is checked

Passive (see Figures A-B)

- Use ___ hand(s) or ___ towel(s) under thigh to pull knee to chest
- Be sure to relax the hip muscles as you pull your knee to your chest
STOP if you experience pain in your groin or back
- Place a towel with a few folds under your low back
- Lower your leg so that your foot is on the table and your hip and knee are still bent
- Repeat with the same leg _____ times
- Perform with your alternate leg as above _____ times
- Place a pillow under your upper back and head

Active (see Figures C-E)

- Contract your abdominal muscles by pulling "your navel toward your spine"
- Slide your foot along a table to bend your hip and knee and place your foot on table
- Use your hip muscles to bring your knee to your chest
- Use your hands to pull your knee to your chest when your thigh is vertical or your hip is at 90 degrees
- Do not push down with your alternate leg
- Lower leg and return to starting position
- Return your leg to the starting position
- Place pillow under upper back and head

Repetitions: _____

Alternate legs: _____

