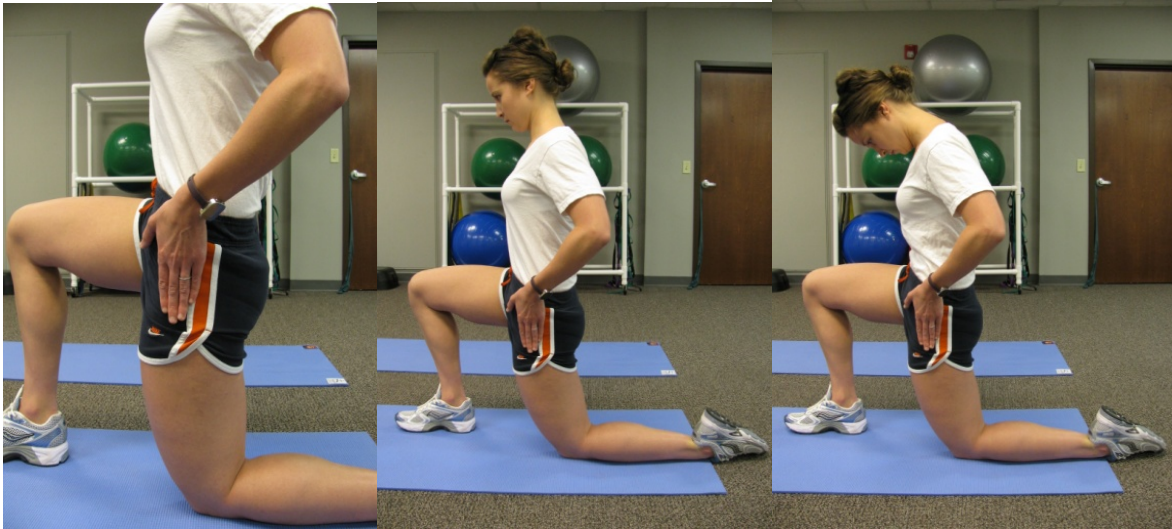


# Erbst OrthoSport



## **Kneeling Hip Flexor Stretch/Kneeling Femoral Nerve Glide**

Kneel with the RIGHT/LEFT knee on the floor and the RIGHT/LEFT leg in front of you. Posteriorly rotate your pelvis by drawing your hip bones up towards your ribs and “tucking your tail.” Do not lean back with your trunk. Maintain the posterior pelvic tilt and engage/tighten kneeling side gluteals while shifting your weight forward onto your front leg. You should feel the stretch in the front of the RIGHT/LEFT hip. Hold for 30 seconds.

Nerve Glide Modification: Perform instructions above, but once you have reached the stretch position, curve your upper back and bring your chin down to your chest. Gently perform 20-30 quick head nods.

Perform 2 sets, 1-2 times per day/week.

**Erbst OrthoSport Physical Therapy**

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