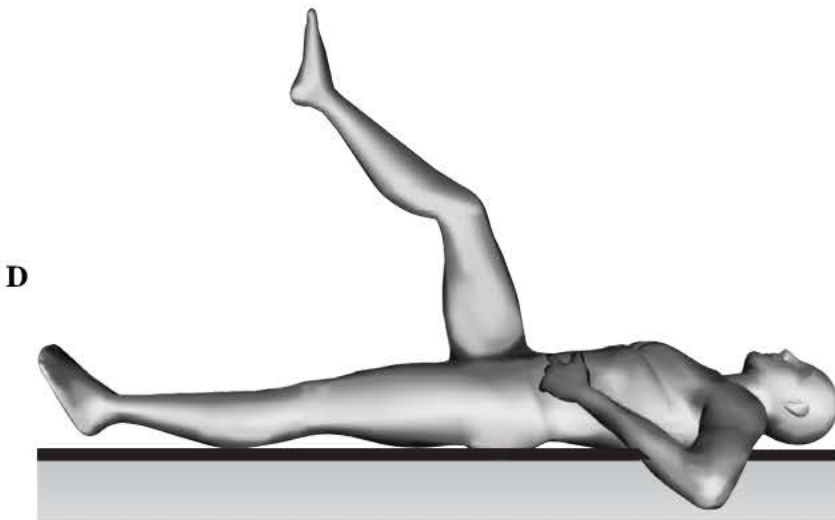
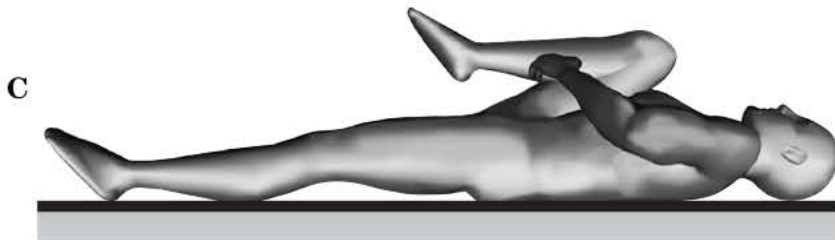
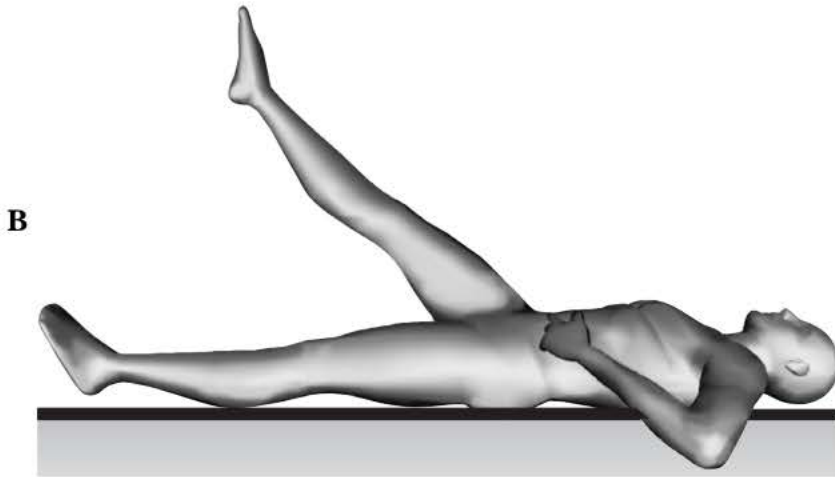


Straight-Leg Raises: Hip Flexion With Knee Extended (Figures A-D)

- Purposes:**
- To improve the performance of the abdominal muscles
 - To improve the performance of the hip flexor muscles
 - To stretch the hamstring muscles

Starting position: Straighten hips and knees. Place fingers on abdominal muscles (i.e., outside of abdomen between pelvis and ribs).



Method: Perform variation if box is checked

Contract your abdominal muscles by “pulling your navel toward your spine”
Keep your knee straight
Raise your leg straight up while keeping your knee straight
Do not push down with your nonmoving extremity
Lower your leg back to the starting position while keeping your abdominal muscles contracted

OR

- Bend your hip and knee, bringing your knee toward your chest (see Figure C)
- Straighten your knee while keeping your hip at 90 degrees (i.e., thigh pointing toward ceiling) (see Figure D)
- Hold your thigh with your hand, while straightening your knee
- Keep your knee straight and lower your leg back to the starting position
Repeat the movement with your alternate leg

Repetitions: _____