

# Hip Flexion: Bent Knee

## Why we do it:

Mobilise the hip joint. Promote movement and stability of the legs. Strengthen all muscles in the hip joint. Create a stability between hip-pelvis-trunk.

## Functional Benefit:

Mobility  
Stability



Start in the neutral position.



Keeping your back straight. Lift your right knee at a 45° angle.

Hold the front of your knee and lift as high as you can.



Return to neutral and repeat on the left.