Recommendations for supplemental exercise targeting increased “extension”:

1. Condition 3-5 times a week.
2. Aim to isolate the hip flexor muscle group. Use the quadriceps as little as possible. Lean back on your hands, turnout the front leg and bend the knee (a small attitude position). Then bend the other knee and place the foot on the floor to help support your back.
3. Execute up to 10 repetitions of the exercise in sets of three.
4. Expect to see changes in strength in about 4-6 weeks.
5. Then you can combine increased function with resistance (elastic bands, etc). This is optional. You may not need it.
6. Combine increased function with standing balance training. Be sure to incorporate other required muscle groups such as abdominals, back, and standing leg support.
7. Proceed SLOWLY to avoid tendon irritation in the front of the hip joint. It may take a couple weeks before you can achieve three sets of 10. Stretch after strengthening.