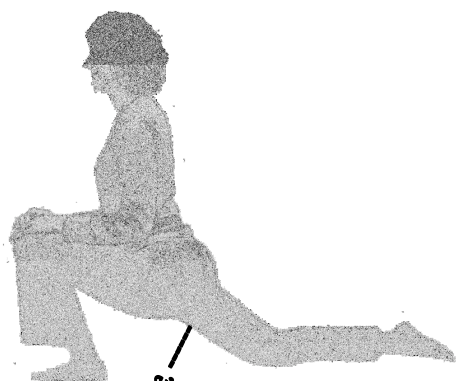


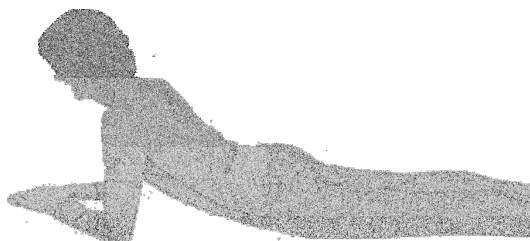
HIP FLEXOR STRETCHES



Feel the stretch here.



Feel the stretch here.



Feel the stretch here.

The hip flexor muscles, consisting of the psoas and the iliacus muscles, are commonly involved in lower back pain conditions. These muscles contract in an attempt to protect the back when the back is injured. But they often become excessively tight and painful themselves and can cause muscular imbalances that lead to further injury.

Sitting shortens the hip flexors and many back problems begin after someone has had a long drive or flight or meeting, then attempts to move quickly or bend to lift something.

Trouble rising to a standing position after sitting for a while is one indication that the hip flexors are too tight. Another indication is slowly increasing back pain after you have been standing for a few hours.

The hip flexors attach to the front of the thigh bone and to the lower spine. Stretching the hip flexors requires that you bend your hip joint backward far enough that your knee is behind your hip.

The stretching exercises shown on this page are some of the most common ones prescribed for stretching the hip flexor muscles. The stretches should be pain-free. Remember to hold the position for ten seconds and breathe slowly and deeply while performing the stretches

The stretch should be felt in the groin or the front of the thigh.