

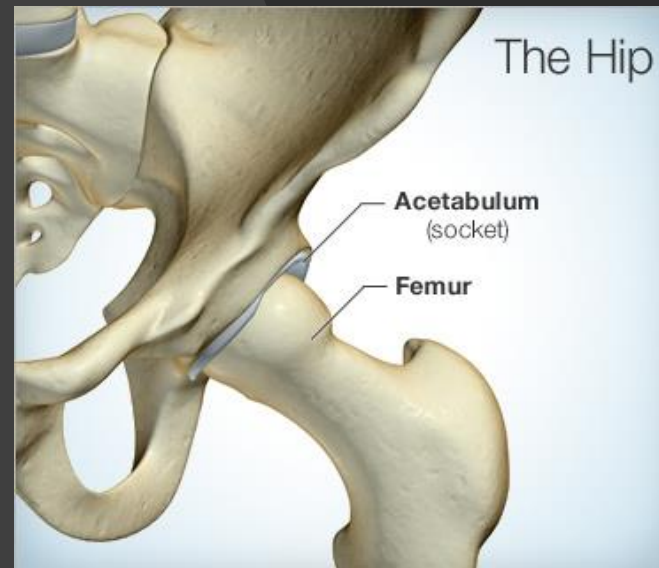
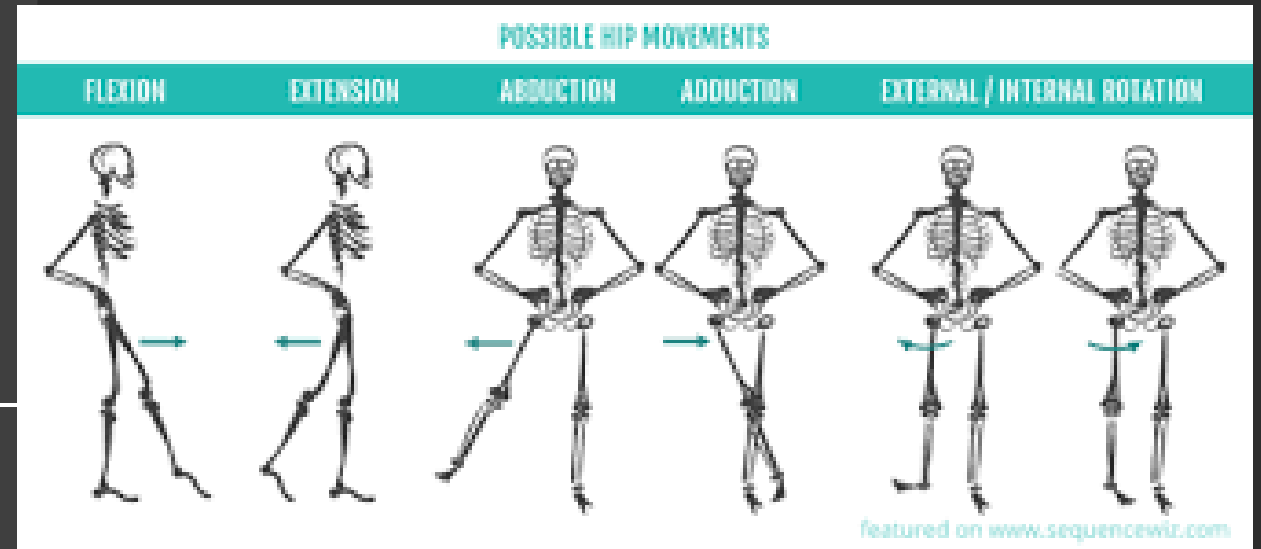


# The Effects of Tight Hip Flexors and How to Fix it

By Garrick Lim PT, DPT

# The Hip Joint

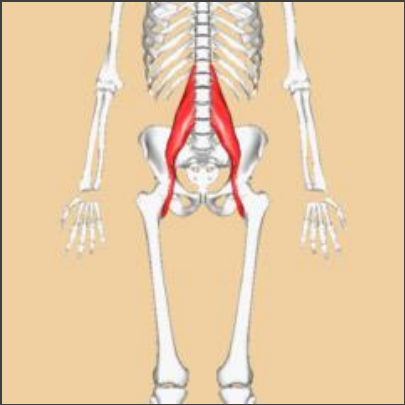
- ❑ Ball and Socket Joint
- ❑ Multi Axial Joint
- ❑ Second most mobile joint in the body



# Hip Flexor Muscles

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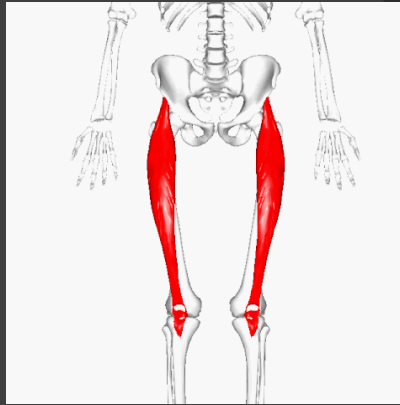
❑ Psoas



❑ Iliacus



❑ Rectus Femoris



❑ Sartorius



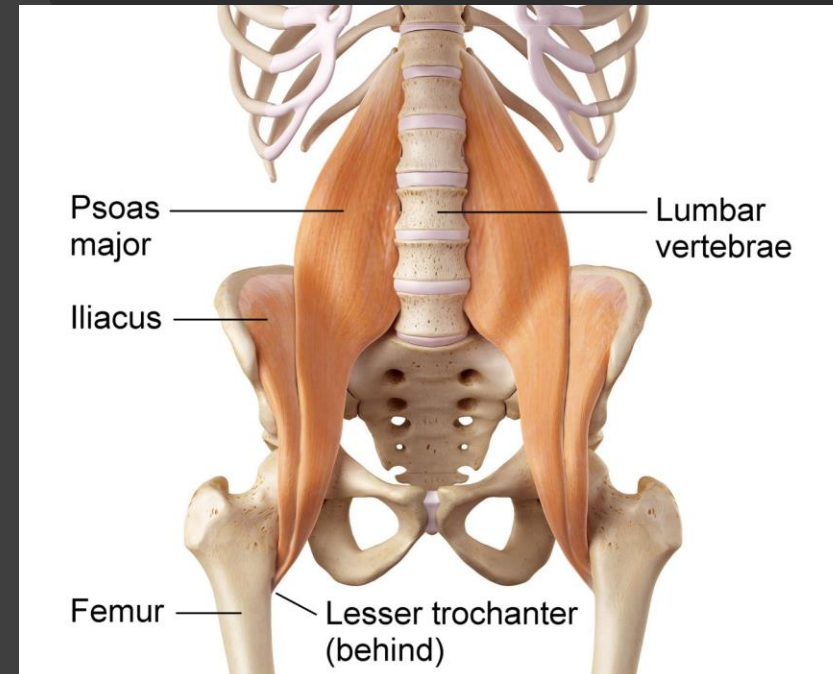
# Iliopsoas – Iliacus + Psoas

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## Main Hip flexor Muscles

- ❑ Psoas
  - Originates from side of all 5 lumbar vertebrae
- ❑ Iliacus
  - Originates from inside the pelvis

Psoas joins the Iliacus and attaches to the Femur



# How do they become tight?

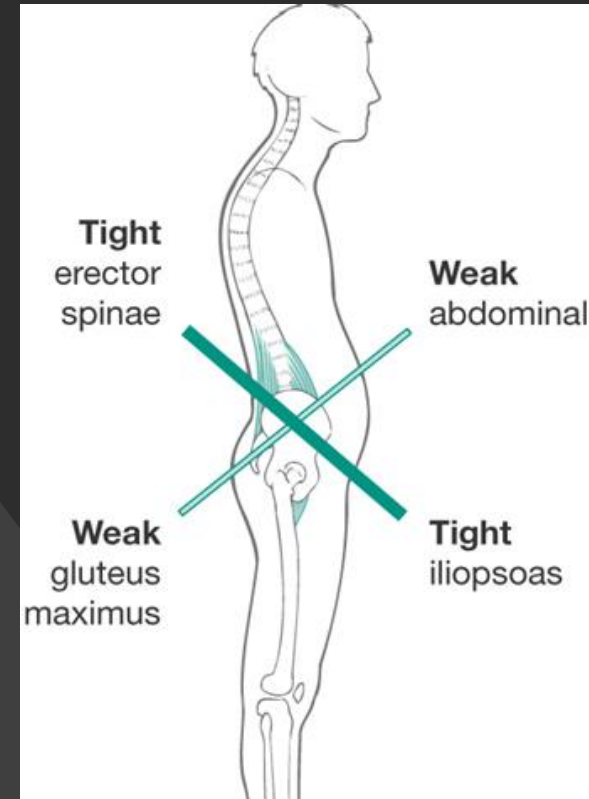
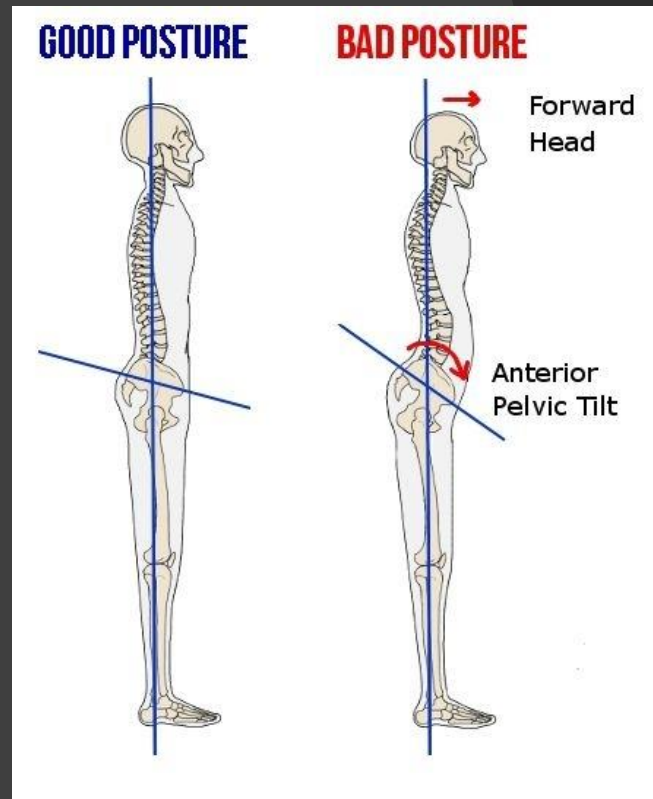
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- ❑ Average adult sits for 10-13 hours a day



# What does this do?

- ❑ Anterior Pelvic Tilt
- ❑ Bad Posture
- ❑ Inefficient movement
  - Low back pain
  - Anterior hip pain
  - Glute pain
  - Hamstring pain
  - Knee pain
  - Ankle/foot pain
  - Upper back/neck pain



# Hip Flexor Release

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<https://www.youtube.com/watch?v=LOmkCNoSQN8&t=53s>





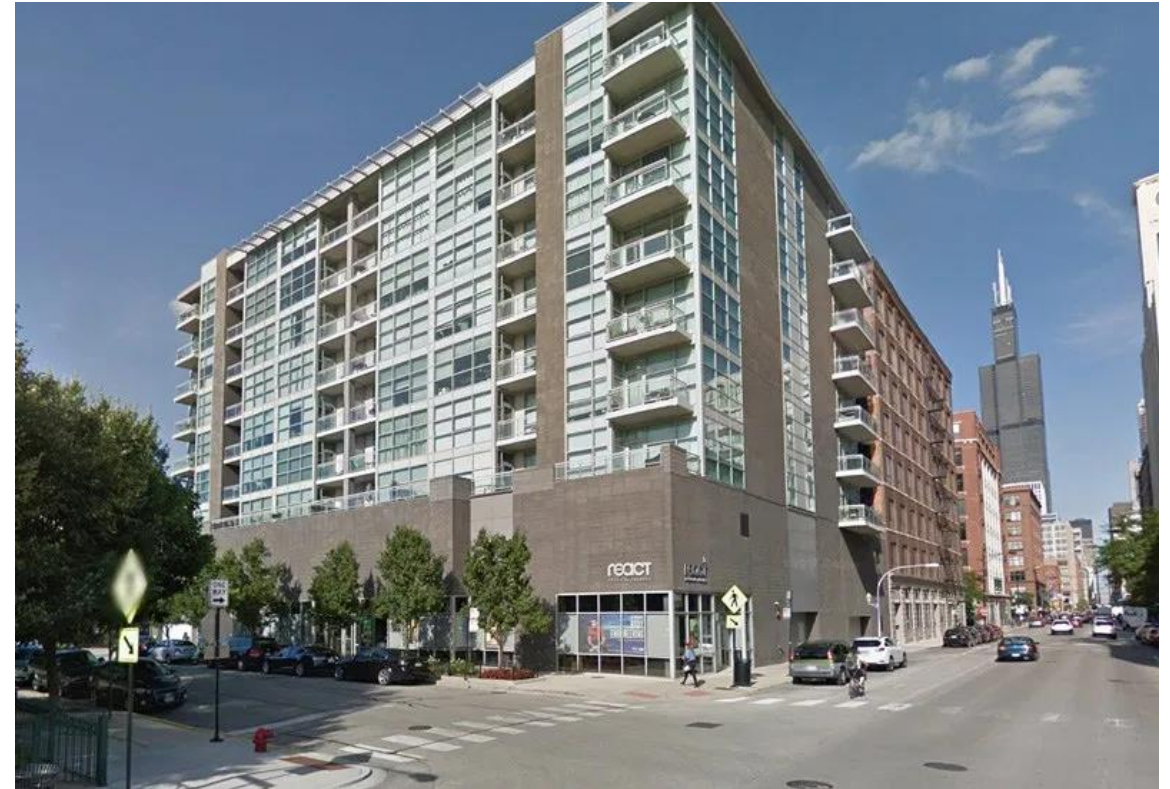
# Hip Flexor Stretch

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