

How to balance your hip flexors with the abdominal and gluteal muscles: Helpful Self-Active Releases, Stretches, & Functional Warm-Up Exercises

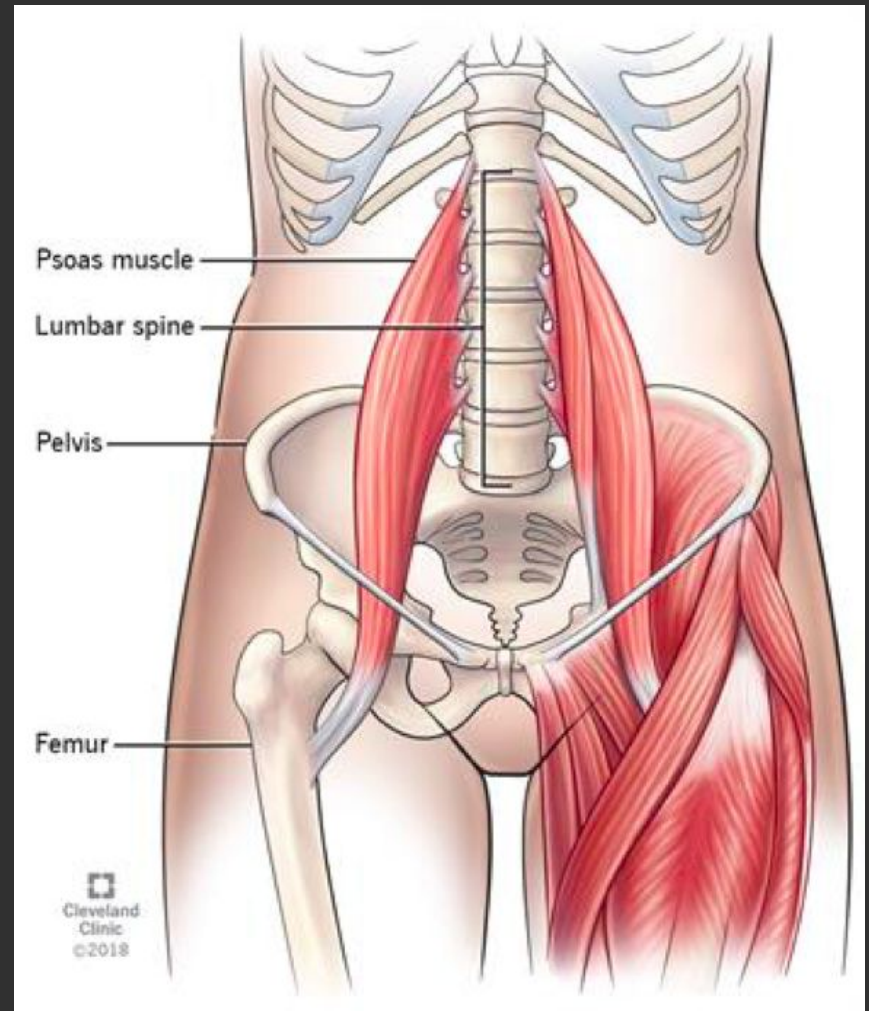


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HIP FLEXOR ANATOMY

PSOAS
ILIACUS
RECTUS FEMORIS

<https://my.clevelandclinic.org/health/diseases/15721-psoas-syndrome#:~:text=The%20psoas%20muscle%20is%20located,from%20this%20muscle%20is%20walking.>



YouTube video: How Hip Flexor Muscles Work

<https://www.youtube.com/watch?v=VcrzfTSCZEs>

SYMPTOMS

- ❖ Low back pain and/or stiffness
- ❖ Pain in the lumbosacral region
 - Particularly when sitting or changing positions arising from sitting to standing
- ❖ Difficulty/pain when trying to stand in a fully upright posture
- ❖ Pain in the buttocks
- ❖ Groin/pelvic pain or soreness (“knots”)
- ❖ Limping or shuffling strides when walking/running



Are you able to keep
your feet and legs
down when
performing a sit up?

<http://sites.utexas.edu/think-twice/2019/08/06/do-sit-ups-and-crunches-give-you-a-six-pack/>

How do I get out of
my hip flexors?

Demonstrations

Outline:

- ❖ Self-active releases
- ❖ Stretches
- ❖ Functional warm-up

Summary

Goal: Increased awareness of the relationship between the abdominal muscles and the hip flexors

<https://www.lagreefitness.com/science>



Compliance is important in order to see improved muscular balance and performance, but most importantly to help prevent injury!

Questions?

Thank you!

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