

Tight Hip Flexors | Flexibility Exercises & Stretches to Relieve Lower Back Pain

healthform.org/tight-hip-flexors/

So, you are affected with **tight hip flexors** right?

Don't worry!

It is a common problem in human body and though the name is not as popular as hamstrings, they are nearly the same thing.

In this article, you are going to know enough about tight hip flexors so that you get a bit of relief for those tight muscles.

Cure Hip Flexor Tightness

[Click Here to find out how!](#)

What Causes Hip Flexor Tightness?

So, what is the problem with **tight hip flexors**?

It is important that you understand about hip flexor tightness before getting deep into the article. They say that if you don't understand a problem, you will never be able to solve it.

So in simple non-medical terms, tight hip flexors are a problem that occurs in your hip area and makes you lower body part weak and dysfunctions more of your muscles at that area.

It comes with a lot of limitations and therefore, it is important that you address this issue as early as possible.



Sitting

Sitting behind a desk too much is a sure fire way to have your muscles waste away.

Unfortunately our modern lives have all kinds of amazing wonders, but to pay for them we need to have a job.

It also just happens that most of us have jobs whereby we sit behind a desk all day, sometimes eating out lunch at our computers, (I know this because I have been there my friends)!

But sitting for long periods of time is highly damaging to our bodies and tight hip flexors are just 1 side effect of the "sitting disease".

How Do You Know If You Have Tight Hip Flexors?

There are various tell tale signs that indicate that you may have this issue. It is vitally important to check with your doctor if you feel as though you have any of the following symptoms:

- Joint pains in your legs, lower back or hips that is constant & unrelenting
- Pain in hip when walking

- A feeling that your hips are "locking up" or "popping"
- [Poor posture](#)
- Not being able to [sleep](#) properly
- No real "vigour" in your day to day life
- High levels of [stress](#) and anxiety
- Issues with digesting your food properly
- Lowered immunity
- Poor circulation
- Severely reduced sex drive
- No explosive force when working out
- Hip pain after sitting

Tight Hip Flexor Test

There is a test called the [Thomas test](#) which you can do to find whether you have hip flexor tightness or not.

At first, simply lie down at a massage table if possible and let your legs hang from the table.

Now take one of your knees up to your chest and try to hold it with both of your hands. Keep it that way and make your other leg straight while it is still hanging.

Now, if the knee of your open leg is above the table then there is a chance that you have tight hip flexors. Obviously, this is not the only indicator and you will obviously have to consult a doctor to get a confirmation but that is how it works.

How Do You Know If You Have Tight Hip Flexors?

tight hip flexors are a problem that occurs in your hip area and makes you lower body part weak and creates dysfunction with your entire hip muscle area.

It comes with a lot of limitations and therefore, it is important that you address this issue as early as possible.

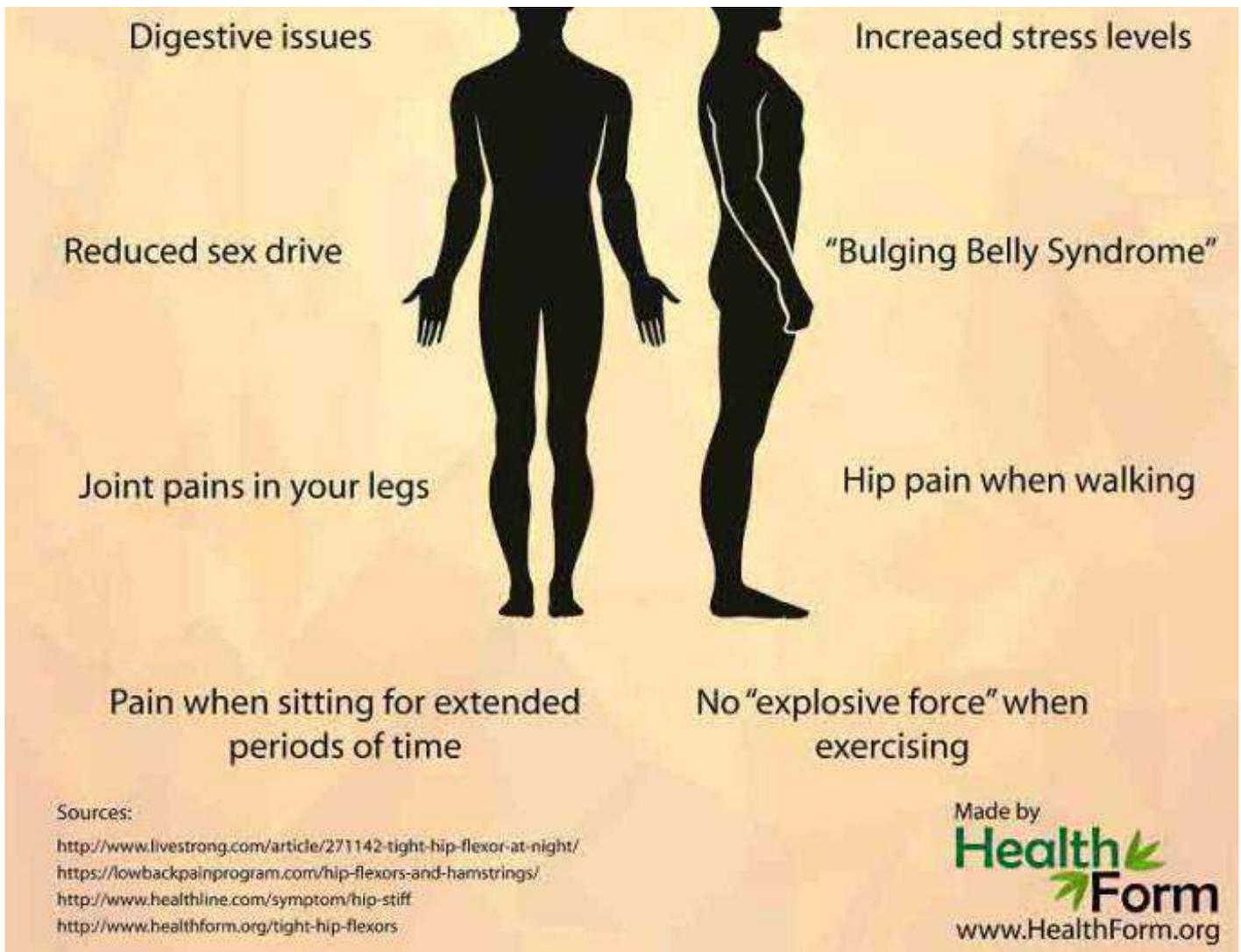
But how do you know if you actually have tight hip flexors?

Lethargic in your day to day life

Not getting quality sleep

Lowered immunity





Can Tight Hip Flexors Make You Look Fat?

This may sound like a peculiar subsection to include here!

However it was actually one of the questions that we got asked when we sent out an email to our [subscribers](#) to ask what subject they would like us to research for them...this question came back a surprising amount!!!

Well, we did our research and it turns out that some people are worried about this because of the way that our hip flexors are connected to our core.

There is an unfortunate side effect of having this problem, it's called "Bulging Belly Syndrome".

Essentially, as a result of a curvature formed by your hips that are so locked and tight, that it actually forces your core to create a curvature.

It is thought to be tight [psoas muscles](#), that makes your low back to curve which results in it pushing out your stomach.

If these muscles are working properly, they should pull your abdomen back in which reduces the bulge and helps to form a flat belly.

[Check it out how to get a flatter belly](#)

Lower Back Pain

Hip flexor tightness will come with a lot of issues.

For example, you might face hip flexor pain which is also known as **tight hip flexors low back pain**. The good news for you is that there are methods that you can use to get rid of the hip flexor tightness.

One of the most common methods is exercise as exercises strengthen hip flexors.

Apart from that, there are some best stretches for hips that you can perform which will also show you better results. Let's get more information on these.

Tight Hip Flexor Exercises & Stretches

Getting the correct movements and stretches for this condition, requires more than simple static stretching.

That isn't to say that static stretching is useless, I will mention 3 fantastic examples below that will help to strengthen your hip stabilizer muscles, whilst also being wonderful movements to compliment your general health.

However I will begin by mentioning some of the movements that will help to align your hips and stretch your flexors in such a way to dramatically reduce the related symptoms.

PNF Stretching

PNF ([proprioceptive neuromuscular facilitation](#)), is a method that activates a specific muscle in order to relax the muscles surrounding your joints.

This is beneficial because relaxing a tight muscle means less stiffness and less stiffness means more movement.

Dynamic Stretching

Essentially it is exactly what you might imagine it to be... you activate your muscles around a particular joint by moving it through its full range of motion. Hip rotator stretches are an example of this.

This can lead to an increased range of motion around your joint, making it more flexible and more importantly; improving circulation.

Core Stability

Having a stable core is important for your overall health in more ways than you might imagine!

These exercises target all of your muscles in your core by utilizing movements that activate every part in 3 dimensions.

By strengthening your core muscles, you will find that many of your connecting joints become more supple and easier to move.

Mobility Exercises

This type of exercise targets the actual range of motion of your joints which helps to improve their function.

Fascia Stretching

This is quite a unique technique, whereby you will aim to loosen and lengthen your tissues and muscles surrounding your fascia .

Muscle Activation

As a result of our modern, sedentary lifestyle that usually involves sitting behind a desk or starting at a phone all

day, we have developed some bad posture habits.

This can cause a whole range of issues with our bodies. In fact just looking at some [Forward Head Posture symptoms](#) shows us how our spinal health is such an massive factor in determining how healthy we are.

By learning how to move your muscles more efficiently, you will find that many previous health problems you had will slowly disappear.

Some Example Stretches

There are around 12 best stretches for hips that you can go for if you want to get rid of tight hip flexors.

We will mention the easier ones here to make you do them right now!

Butterfly Stretch

The first one that we recommend is the butterfly stretch. It is a simple one to perform and not only your hip area but also the groin and some other parts of your body will be benefited from this.

To start, simply sit on a plain surface and make sure that your legs are in front of you. The knees should be in a single line.

Now simply bring your feet together and create a clap feeling with two feet. You should sit in an upright position. Now hold your feet with both of your hands and stay like that for around thirty seconds.

That's it.

You can continue this session at least five to ten times and you will start solving your **tight hip flexors issues**.

Happy Baby Pose

There's another common stretch that people do for their hip which is called **happy baby pose stretch**.

The name is funny and the stretch is interesting to go for. In this case, you simply lie down on an even ground and take your legs close up your face.

Now hold your feet area with both hands and try to stay in that position for around thirty to forty seconds.

Do not push it hard and if you are unable to be at that position, you should release your legs immediately as otherwise, you will end up hurting your muscles.

The reason that this is called as a happy baby pose is because kids do this pose when they are happy at a very early age. Well, their ones look cute and your one is for your hip problem.

There is that difference which you will have to consider.

[Source](#)

Pigeon Pose

Another one that you can perform is called the **pigeon pose**.

This is a bit harder so if you were never into stretching, you might find this difficult. If you really cannot do this, there is no point in pushing it as we mentioned before, and you can just try any of the other poses and positions, most of them are rotational exercises and will help to release any flexor tightness.

In this case, you will be sitting on a weird pigeon position where your back leg will be stretched and placed at the back where your front knee is near to your belly.

You will have to place both of your hands to the ground to keep balance. Now simply look up and stay at that position for around thirty seconds.

That's it!



Fix Tight Hip Flexors: The Ultimate at Home Cure

There are many ways that you can loosen up your tight hip flexors at home, one of which being the exercise program: [Unlock Your Hip Flexors](#).

It includes:

- Exercises for hip bursitis
- Hip rotator stretches
- Supine hip flexor stretch examples
- How to improve your hip flexor mobility
- Hip external rotation exercises
- Much, much more

[Check it out here!](#)

Warnings

No matter whether you go for stretch sessions or for simple workout, you should always make sure that you are not overdoing it.

One common mistake of people who face tight hip flexors is that they do not understand the value of being patient and as soon as they come to know about the problem, they start freaking out.

That should not be the case for you and as with everything health related:

- See your doctor before embarking on anything
- Take your time, becoming more flexible and healthier is not a race!

Conclusion

Simply try to understand that this is a common problem and if you play along with it, you are going to be able to solve this issue.

Take advice from experienced person and try not to take advice from people who are not well educated about this particular issue.

Tight hip flexors are a common problem but is definitely not one of the most popular ones. Therefore, you might not find a lot of knowledgeable people around.

In fact, the gym instructors are also not commonly popular with this problem and that is normal.

If you face a lot of pain, the best idea is to go for a doctor immediately.

You never know whether it is a simple **tight hip flexors** problem or there's something else happening! It is always wise if you do not take any chance and go visit a doctor even if it is just to reconfirm.