

**Tight Hip Flexor (Psoas Major Beginner)**

1

**Power Posterior Pelvic Tilt**

Lie on your back with your knees bent and feet flat. Pull your belly button into your spine and squeeze your glutes and hold for 6 seconds. Repeat 6 times.

2

**Supine Double Knee to Chest**

Lie on your back with your knees bent and feet flat. Tighten your abdominal muscles to press your back flat. With feet and knees together, pull your knees up until your hips are at 90°. Then lower your bent legs until your heels tap the floor. Repeat lifting and lowering your legs for 3 x 12 repetitions.

3

**90/90 Dynamic Supine Rotation**

Lie on your back with your hips and knees flexed to 90° and legs pressed together. Tighten your abdominal muscles and rock your knees in a short arc side-to-side in a pendulum fashion. Perform 3 x 12 repetitions.

4

**Tubing Punch**

Stand with feet hip width apart and toes pointed straight ahead. Hold tubing in one hand and allow the tubing to rotate your body to that side. Then squeeze the gluteal muscle on that side to square up the pelvis to the front. Hold this position and punch your hand forward for 12 repetitions. Return to the starting position to reset the gluteal muscles and perform for a total of 3 x 12 repetitions.

5

**SLR with Internal Rotation**

Lie on your back with one knee bent and foot on the floor. Tighten your thigh of your straight leg, pull your toes up towards your shin and turn your foot in slightly. Lift the straight leg to the height of the bent knee. Perform 12 - 15 repetitions.

6

**Split Ball Squat Touch**

Kneel with one foot to the side of a ball and the other leg just behind the ball. Lightly touch the ball with your hands. Stand up using the front leg. Your back leg should only be lightly touching the floor as your weight is over your front leg. Return to the starting kneeling position. Perform 3 x 12 repetitions.

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## What are Tight Hip Flexors?

The hip flexors are a group of muscles that sit in the front of the hip and help to bring the leg forward and up (think of bringing your knee up to your chest). Tight hip flexors can cause many problems in posture and positioning of the body, and may limit movement in the hips and core.

## The Why Behind the What

### Exercise #1 - Power Pelvic Tilt

This exercise activates the muscles in the abdomen. Make sure to pull your belly button in towards your spine, but keep breathing. If the abdominal muscles are activated, they shut down the hip flexors which can pull on the vertebrae and cause a malalignment of the tunnel where the spinal cord is.

### Exercise #2 - Supine Double Knee to Chest

This exercise works the glutes and the hamstrings to extend the leg backwards against the bed. These muscles do the opposite of the hip flexors, and can actually shut down the hip flexor muscles so they are not so tight.

### Exercise #3 - 90/90 Dynamic

This exercise activates the muscles in the abdomen. Make sure to pull your belly button in towards your spine, but keep breathing. If the abdominal muscles are activated, they shut down the hip flexors. Tight hip flexors can cause a multitude of other problems throughout the body.

## The Common Causes of Tight Hip Flexors

Tight hip flexors are found most often in people who sit for long periods of time, whether for work or recreation. They can cause a rotated pelvis, pain at the hip, knee, ankle, or lower back, and decreased mobility throughout the body. The good news is this condition is easily fixable with the following exercises.

### Exercise #4 - Tubing Punch

Tight hip flexors can be caused by a gluteus maximus that is shut off and a pelvis that is rotated toward the same side. This combats both of those problems by helping to adjust the rotated pelvis and activate the gluteus maximus on the weak side. Make sure you keep that glute squeezed during each set, and only relax it in between sets.

### Exercise #5 - SLR with Internal Rotation

The SLR w/ internal rotation aims to relax tight hip flexors by activating your quadricep muscle. Make sure to keep your spine in neutral when lifting your leg to stop any hyperextension of the back. You should feel this exercise working the muscles in the front of your thigh.

### Exercise #6 - Split Ball Squat Touch

This exercise shuts off the psoas major, which is one of the muscles in the front of the hip that helps you bring your leg forward. We've found that if this muscle is tight, it can shut off the glutes, and rotate the pelvis.