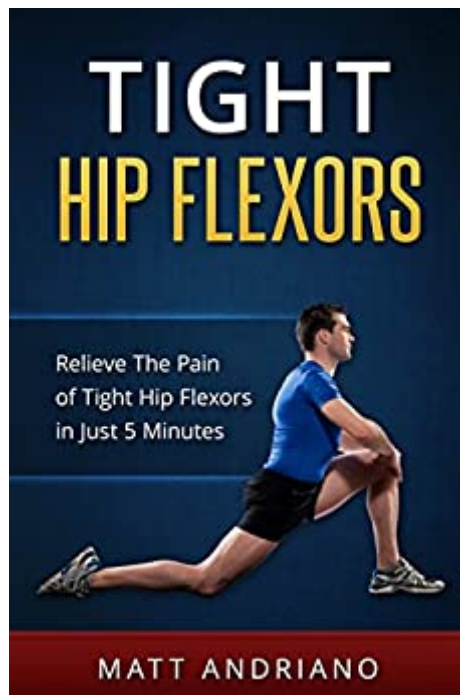




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# Tight Hip Flexors: Relieve The Pain Of Tight Hip Flexors In Just 5 Minutes (Tight Hip Flexors, Tight Hips)



## Synopsis

Version 2 just launched! You've heard the saying: it's all in the hips. But for many of us, our hips are or more precisely, our hip flexors are tight, stiff and inflexible. If you're an office worker you can probably thank sitting down at your desk 8 or more hours a day for your tight hip flexors. Habitual sitting causes your hip flexors to tighten and shorten. Luckily there is a lot you can do to get those hips nice and flexible again. So whether you want to tear it up on the dance floor, improve your athletic performance or just get better posture now you can using this guide! Here is how you will learn to relieve the pain of your tight Hip Flexors: What is Hip Flexion? How your Hip Flexors fit into you Anatomy What exactly is a Tight Hip Flexor? What Causes Tight Hip Flexors? How Tight Hip Flexors and Hip Pain go hand in hand How Tight Hip Flexors can cause Back Pain Why is Stretching so Important? How to Stretch properly How to assess your flexibility What is Static Stretching How activities such as Yoga and Pilates can increase hip flexibility Specific Static Hip Flexor Stretches (with photos and videos) Postural Implications Beginning to Exercise: Pain vs. Soreness Beginning to Exercise: Commitment Plus much more

Product Tags: Tight Hip Flexor, Tight Hip Flexors, Hip Pain, Hip Tightness, Pain Relief, Tight Hip

## Book Information

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## Customer Reviews

My neighbor recommend this book to me. Find out some good helpful flexing tips that will relieve muscle pain or tight hip. What's good in this guide you can try all those anywhere: Office, house or even outdoors. So easy to follow with some helpful tips. Thanks to the author! Good flexing guide to relieve pain.

This book is about how to cure hip flexor pain. Hip flexor muscles allow us to stand and walk straight. Flexor means a bending movement around a joint. This book also goes into a lot about anatomy. A tight flexor muscle makes it so that you can't get it all the way straight. Usually people develop this problem over time. Not being active can also cause tight flexor muscles, athletics and poor posture. There is many spots the pain can be such as front hip pain, side, and groin. This problem can cause anterior pelvic tilt. As you get older peoples flexibility gets less and less. It can get better by exercises. You can do a stretch called static stretching, also yoga, pilates, dance, and tai chi. This book gives many stretches to do along with pictures. If you have this problem this is a book for you.

This book contains information identified with assuaging tight hip flexors torment. There are some useful pictures included here to give me better overview of the stances and developments for activity. Enhancing the adaptability of hip flexors is an extraordinary initial phase in shielding ourselves from hip and back torment. The expanded adaptability will take into consideration more prominent straightforwardness in development and enhanced capacity to stand upright. It is likewise underlined here that practice ought to start with a fitting warm up and complete with a moderate chill off and extending. This book is a great resource!

Wow, I learned so much from this terrific book. It's well written, edited and has plenty of very helpful photos. Who knew your hip flexors were this important? This book and the exercises therein will easily save the average office worker/administrator \$3000 in Chiropractor visits, which are typical for back pain from prolonged sitting. Thank you Matt Andirano for writing this book. The information inside is essential for the working professionals like me with back pain. Darrell DiZoglio, Editor-in-Chief, [HowToFindWorkNow.org](http://HowToFindWorkNow.org)

If you feel like your hips are too tight or some sort of pain in your hips, this book is worth trying out. It has great tips on releasing tight hips in a short amount of time. I enjoyed the exercises that were given and they were not strenuous and you can just do it the morning or evening with a little time and this book is very organized and easy to follow. Amazing!

This is a good general overview of the static stretches required to help release tight hip flexors. I was hoping it would discuss other techniques in more detail, including dynamic stretching, certain movements and trigger point release for your hip flexors.

I love this book because it just confirms that everything my sons coaches are telling him are true. They have started the athletes in yoga as one of their main workouts. Just like this book explains that keeping hydrated, plenty of rest and protein helps your body and the muscles. Listen to your body and do not over work your muscles. I am going to show my son the exercises that he can do at home to workout the tightness in his muscles. I would recommend this book to all ages men and women.

This author does a great job in explaining what hip flexors are and why they become tight. Easy to read with excellent illustrations. Good information for the do it yourself. It contains a lot of helpful information that is explained well. The information in this book has helped me deal with my decades long pain in my lower back and both hips. I will definitely be using these exercises.

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