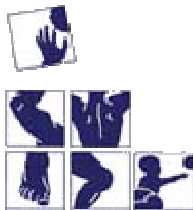
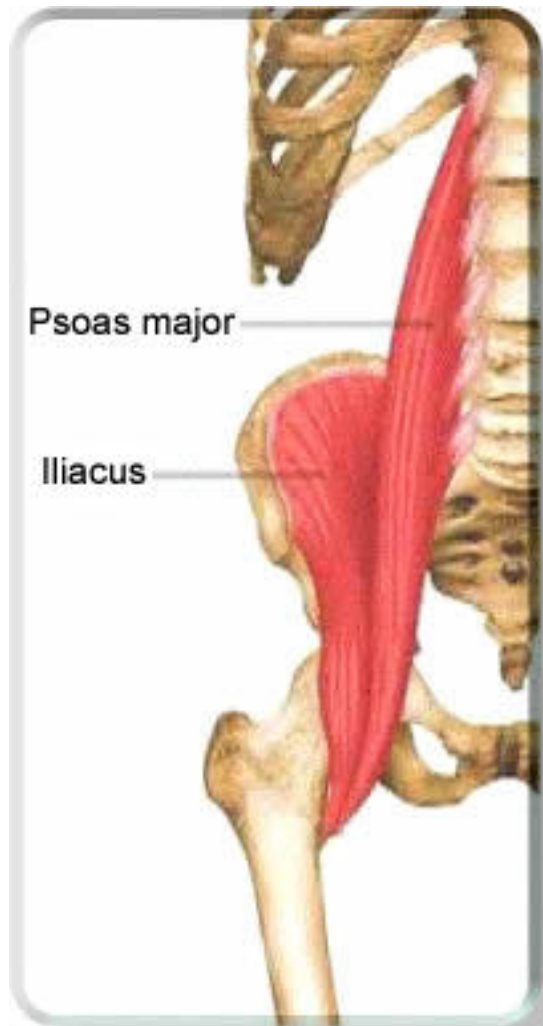


## The Hip Flexors (*iliopsoas* = *iliacus* + *psoas major*)

**W**hen the hip flexor muscles become shortened and tight, they can wreak havoc. They cause you to bend forward at the waist, or bend at the knees and they also add compressive forces to your low back. When this happens other muscles can become imbalanced creating more trouble. Shortened hip flexors are a common problem that is exacerbated by our daily routines. We sit in the car, we sit at a desk, we sit at the dinner table, we sit and read and we sit on the couch and watch TV... you get the picture. It's no wonder these muscles become shortened! Every time we sit, the hip flexors are in a shortened position. In very simple terms the hip flexor muscles attach from your low back and pelvis to the upper leg bone (the femur). This means that every time you bring your knee towards your abdomen, the hip flexor muscle is being shortened. Our postures in any position, whether sitting or standing affects the length of the hip flexors and unless you have excellent posture, chances are your hip flexors are tight. Come in for physical therapy and we will help you stretch and lengthen them, and then design an exercise and stretching program to keep them that way. We will also discuss your daily environment and how we can adapt it so that it affords the best alignment of your body.



Shoreline Physical Therapy, LLC