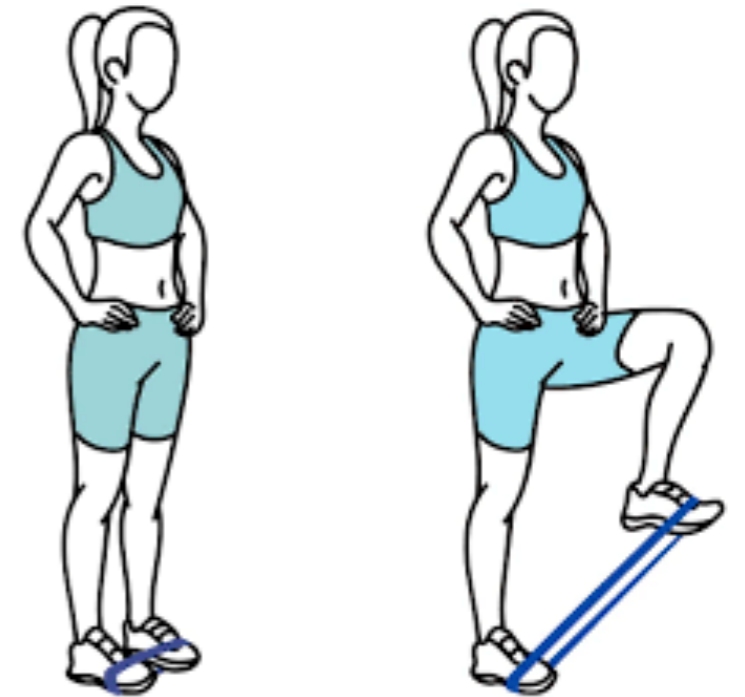


Summary: Tightness and weakness of the hip flexors can cause lower back pain, hip pain, and injury. An increase in hip flexion strength can help to improve sprint and agility performance for physically active, untrained individuals according to research. In many people who sit all day, the hip flexors are not only weak but also very tight, causing the pelvis to tilt. Strengthening of the glutes, hamstrings, abductors, and adductors are important to balance out hip mobility and the positioning of the pelvis in conjunction with strengthening and stretching of the hip flexor. Read on

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Resisted Hip Flexion



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Hip flexion strengthening should not be done in isolation. It should be part of a total hip strengthening program. Hip strengthening with a weight, band, or cable system can be done in a variety of ways. One of the keys I suggest is to keep your low back in neutral and abdomen braced to help lock the hips. The resistance band or cable strap should be placed around the ankle at the crease and foot kept in dorsiflexion. When doing this exercise work from the hip and not from the quad. This exercise can be done with bent knee positions or leg straight.

Tightness and weakness of the hip flexors can cause lower back pain, hip pain, and injury ([research](#)). Although hip flexion is integral in sports, hip flexion exercises are seldom emphasized in strength and conditioning for sports performance. It should be because research says it works. A study found that a hip flexor strengthening program showed improvements in the training group, but not in the control group. Individuals in the training group improved hip flexion strength by 12.2% and decreased their 40-yd and shuttle run times by 3.8% and 9.0%, respectively. An increase in hip flexion strength can help to improve sprint and agility performance for physically active, untrained individuals according to the authors. I commonly see athletes that have hip flexor strains. This issue can last a long time if not addressed. A study found that simple hip-flexor strength training using elastic bands as external loading, for only 6 weeks, substantially improved hip-flexor muscle strength. This simple exercise program seems promising for future prevention and treatment of acute and longstanding hip-flexor injuries, such as acute rectus femoris injuries and longstanding iliopsoas-related pain and impingement ([study](#)). When it comes to strengthening most athletes focus on the quads and hamstrings, and never the hip flexors. Hip flexor strength is not just important for athletes older people should be doing it. A recent study in the *Archives of Gerontology and Geriatrics* suggests that ignoring them could lead to mobility issues as you age ([study](#)). Researchers looked at 433 older adults and assessed their physical function through handgrip strength, hip flexion, hip extension, hip abduction, knee extension, and toe flexion. According to *Runners World* they asked the participants to do several mobility tests, such as standing up from a chair five times without using their hands—often used to measure “transfer skill,” which means your ability to activate your lower-body muscles quickly—as well as standing on one chair, and sprinting up a set of stairs. A year later, they took the same assessments and tests to determine whether their function had increased, stayed the same, or decreased. People whose function had decreased had significantly weaker hip flexor strength compared to those who did the same or better on the tests. This led researchers to conclude that focusing on hip flexor strength could have considerable benefits as you get older. This information can definitely be transferred to the young, especially athletes. It brings up the adage if you do not use it you will lose it. **IMPORTANT POINT:** In many people who sit all day, the hip flexors are not only weak but also very tight, causing the pelvis to tilt. Strengthening the glutes, hamstrings, abductors, and adductors is important to balance out hip mobility and the positioning of the pelvis in conjunction with strengthening of the hip flexor. You also need to do hip flexor stretching with the strengthening since hip flexor strengthening exercises alone may worsen the hip tension that some people already experience.