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the pain caused by tight hip flexors. There are several stretches that target hip flexor pain. These stretches do not require any equipment and can easily be done at home. In general, these techniques are most beneficial when done regularly, even after the pain subsides. Hip Flexor Stretches - Sports-health
This exercise stretches your hip flexors, thighs, and glutes. Instructions: Lie on your back and pull your right leg into your chest. Press the back of your left knee

into the floor, feeling a ...14 Hip Exercises: For Strengthening and Increasing Mobility Your hip flexors are the group of muscles that attach your legs to your hip and spine. They are responsible for the forward flexion motion of your legs and lifting your knees up. The hip flexors include: Psoas Major, Iliacus, Rectus Femoris, Sartorius and Pectineus muscles. Stretching is an easy and gentle way to relieve the pain caused by tight hip flexors. There are several

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