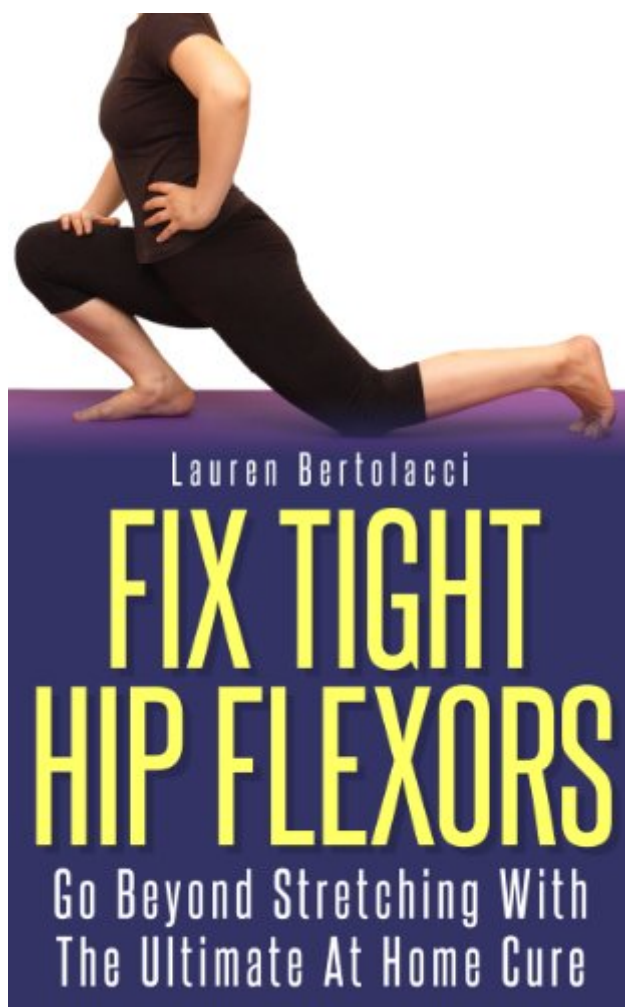


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# Fix Tight Hip Flexors: The Ultimate At Home Cure



## Synopsis

"Save your physical therapy money and read this! Lauren provided a better explanation of the physiological issues and provided more self stretching exercises than my physio. After repeated injuries from soccer, I believe these tips will help to strengthen and stabilize my already weakened core. Quick read, but very informative! Thanks!"

"The information in this book has helped me deal with my decades long pain in my lower back and both hips. By following Lauren's clear advice, my pain is mostly gone. The stretches must be done everyday, but they are easily done. Several stretches are explained, videos imbedded to show you exactly how to do them. This is a well written book. Lauren's has also included simple strengthening exercises as well. I heartily recommend this little book."

"My name is John Hinson and as a Tai Chi Instructor and 4th degree black belt who is recovering after having the Birmingham Hip Resurface surgery in October 2012. I am still trying to regain strength and flexibility. The exercises suggested has made a big difference in my rehabilitation. I feel more flexible and stronger in my hip because of Lauren's well thought out exercises. I would suggest this book to anyone recovering from hip surgery and considers themselves an athlete."

"Go beyond stretching with the ultimate at home cure. The hip flexors are a big group of muscles that flex the hip. This means that they are involved in basic movements that we do every day like walking, running and leaning forward while sitting down, just to name a few. When this group of muscles get tight you are at a high risk for a lot of different problems. The great news is once you have identified the cause of your problem, you can get rid of the pain and tightness quickly. This book will take your through four key steps to ensure that you get rid of your tight hip flexors and keep them loose. The reasons may not be as simple as you think as this complex group of muscles does a lot of work in every day tasks. Bad posture, repetitive movements and weak muscles will also contribute to your issues. I'll teach you how to release your hip flexors and re-train your body effectively, no matter what the cause of your tight hips. Included are: Key stretches to release the hip flexors. Self massage on important areas to get a deeper release. Exercises that will take your hip flexors through a dynamic range of motion and stretch them actively. Postural exercises that will retrain your body so your hip flexors aren't working when they shouldn't. An understanding of what you need to do during the day to help your cause. A guide on how to put it all together effectively for your situation.

## Book Information

File Size: 1914 KB

Print Length: 35 pages

Publication Date: September 25, 2013

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00FGEMUBM

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #36,956 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #7

in Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Health, Fitness & Dieting

#16 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments

> Pain Management #66 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments

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## Customer Reviews

I have been suffering six months with hip and lower back pain. I have been to chiropractors, massage therapists, and medical doctors. I have done many stretches recommended to me by professionals and also friends. Short of an MRI, this is the most helpful explanation I have received, and can't wait to begin the program today.

it is a good short guide it doesnt tell you any thing new but then there are only so many ways to stretch your thighs and legs anyway. it does have great pictures to demonstrate the stretches and thats why i give it a high mark

An excellent product and supportive information! Thank you!

one of the best resource for understanding an important and often overlooked cause of lumbo-pelvic, low back and/or hip pain; especially chronic conditions. I use this resource in my Physical Therapy practice daily.

Lauren's style is direct and very much to the point. Do this and fix the problem. The stretches and

exercises are well explained with good photographs. A couple of the self massages were not as clear as I wanted them to be. My challenge (and I need this desperately) will be to carve out time to do these everyday.

Simple, forthright, easy-read; Facts without fluff; great links to exercises. Easy to follow and without unnecessary information. Good Choice. Worth it.

I think people would be surprised at how many problems a tight hip causes. Lower back pain? Probably a hip flexor. Pain down your leg? Very well could be a tight hip flexor. A stomach that sticks out no matter how much weight you lose? You guessed it! Even if you think you don't suffer from a tight hip you could benefit from this book. Why? To KEEP you from developing the problem. I have been researching ways to loosen up my hips for some time and this book taught me things I never knew. The pictures were also VERY helpful.

The instructions are clear and when used, they help. Does a lot of good actually.

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