



Weak Hip

Flexors

Signs, Symptoms & How to Treat Them

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STRENGTHEN HIP FLEXORS



Introduction

WEAK HIP FLEXORS CAN CAUSE THE SURROUNDING MUSCLES TO OVERCOMPENSATE, WHICH CAN CAUSE PAIN AND DIFFICULTY WALKING. TREATMENT FOR WEAK HIP FLEXORS INCLUDES PHYSICAL THERAPY AND EXERCISES.

Symptoms

THE HIP FLEXORS STABILIZE THE LOWER SPINE. THEY PLAY A MAJOR ROLE IN WALKING, POSTURAL ALIGNMENT, JOINT MOBILITY, FLEXIBILITY, AND BALANCE.

GENERAL SYMPTOMS MAY INCLUDE:

- **CHANGES IN GAIT AND POSTURE**
- **KNEE PAIN**
- **HIP PAIN**
- **BACK PAIN**

THESE SYMPTOMS OCCUR BECAUSE THE JOINTS TRY TO COMPENSATE FOR WEAK HIP FLEXORS, WHICH LEADS TO THEM OVERWORKING.

PAIN IN THE HIP FLEXOR AREA MAY BE THE RESULT OF A HIP FLEXOR STRAIN. THIS IS DIFFERENT FROM WEAK HIP FLEXOR MUSCLES, ALTHOUGH WEAKNESS CAN CAUSE A STRAIN TO OCCUR.

RISKS

WEAKNESS IN THE HIP FLEXORS COULD RESULT IN INJURY, AS WELL AS THE SYMPTOMS ABOVE. AN INJURY COULD OCCUR TO THE SPINE, LEGS, AND KNEES IF THEY HAVE TO OVERCOMPENSATE FOR WEAKNESS IN THE HIP FLEXOR MUSCLES

WHAT CAUSES WEAK HIP FLEXORS

- **LACK OF EXERCISE**
- **SITTING FOR LONG PERIODS**
- **OSTEOARTHRITIS**
- **CEREBRAL PALSY**

TIGHT OR WEAK HIP FLEXORS

WEAK HIP FLEXORS ARE NOT THE SAME AS TIGHT HIP FLEXORS. SITTING FOR PROLONGED PERIODS COULD CAUSE THE HIP FLEXORS TO BECOME TIGHT, AS WELL AS WEAK. SYMPTOMS THAT COME WITH TIGHT HIP FLEXORS INCLUDE LOWER BACK PAIN AND HIP PAIN.

HOW TO TEST WEAK HIP FLEXORS

- SEATED KNEE RAISE**
- LYING KNEE RAISE**

A male and female scientist in a lab coat and safety glasses looking through a microscope. The female scientist is in the foreground, wearing a white lab coat and safety glasses, looking through a black microscope. The male scientist is in the background, also wearing a white lab coat and safety glasses, looking on. The background is a blurred laboratory setting.

HOW TO STRENGTHEN WEAK HIP FLEXORS

- **USE ANKLE WEIGHTS**
- **MOUNTAIN CLIMBERS WITH FLOOR SLIDERS**
- **LUNGES**
- **SKATER SQUATS**
- **RESISTANCE BAND TRAINING**

A person is sitting on a black chair, performing a leg lift exercise. They are wearing a black tank top, grey leggings, and black sneakers. A pink ankle weight is attached to their right ankle. The background is a light-colored wall with a large blue diagonal graphic element on the right side.

ANKLE WEIGHTS

1. WHILE SITTING DOWN IN A CHAIR, ATTACH ANKLE WEIGHTS TO THE ANKLES.
2. SLOWLY LIFT AND LOWER THE LEG TO STRENGTHEN THE PSOAS MUSCLE.

DOING THIS EXERCISE FROM A STANDING POSITION CAN ALSO BE EFFECTIVE.

A person is shown from the side, in a plank position on a wooden floor. They are wearing a black sports bra and black leggings. Their feet are resting on small, light blue circular sliders. The person's arms are extended forward, and their back is straight. A large teal triangle is in the top right corner of the image.

MOUNTAIN CLIMBERS WITH FLOOR SLIDERS

- 1. THIS EXERCISE USES SLIDERS, WHICH ARE SMALL DISCS THAT A PERSON CAN PLACE UNDERNEATH THE FEET TO SLIDE THEM ACROSS THE FLOOR WITHOUT FRICTION.**
- 2. THE MOUNTAIN CLIMBER POSE INVOLVES THE FOLLOWING:**
- 3. ASSUME A PLANK POSITION.**
- 4. PLACE A SLIDER UNDERNEATH THE BALL OF EACH FOOT.**
- 5. BRING THE KNEES UP TO THE CHEST ONE BY ONE, MOVING THE SLIDER ALONG THE FLOOR.**
- 6. REPEAT.**



LUNGES

1. STAND WITH THE LEGS HIP-WIDTH APART.
2. STEP FORWARD WITH ONE LEG.
3. SLOWLY BEND THE KNEE UNTIL IT REACHES A 90-DEGREE ANGLE. THE REAR KNEE SHOULD BE PARALLEL TO THE FLOOR.
4. RETURN TO A STANDING POSITION BY LIFTING THE FRONT KNEE
5. REPEAT.



SKATER SQUATS

1. STAND WITH THE LEGS HIP-WIDTH APART
2. AND AT THE KNEES AND KEEP THE BUTTOCKS PARALLEL TO THE GROUND, WITH THE BACK STRAIGHT.
3. COME BACK UP TO A STANDING POSITION AND STAND ON ONE LEG.
4. LIFT THE OPPOSITE LEG TO THE SIDE WITH THE FOOT POINTED FORWARD.
5. REPEAT ON ALTERNATE SIDES.

A person is shown from the waist down, wearing dark grey leggings and colorful sneakers. They are standing on a green exercise mat. A blue resistance band is looped around both ankles. The person's right leg is extended forward and slightly to the side, demonstrating a diagonal step exercise. The background is a light grey wall. A teal diagonal graphic element is in the top right corner.

RESISTANCE BAND TRAINING

THE FOLLOWING IS AN EXAMPLE OF AN EXERCISE THAT USES AN ELASTIC EXERCISE BAND TO STRENGTHEN THE HIP FLEXORS:

1. PLACE THE BAND AROUND BOTH ANKLES.
2. STAND WITH THE FEET HIP-WIDTH APART, AND THE KNEES SLIGHTLY BENT.
3. TAKE A DIAGONAL STEP, ABOUT 2 OR 3 FEET LONG.
4. CONTINUE FOR 20 STEPS

SUMMARY

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UNDERUSE OF THE MUSCLES OR SITTING DOWN FOR EXTENDED PERIODS CAN CAUSE WEAK HIP FLEXORS. CONDITIONS SUCH AS AND OSTEOARTHRITIS CAN ALSO CAUSE WEAKNESS IN THIS MUSCLE GROUP.

A PERSON WITH WEAK HIP FLEXORS MAY EXPERIENCE LOWER BACK OR HIP PAIN AND MAY HAVE DIFFICULTY DOING CERTAIN ACTIVITIES, SUCH AS WALKING OR CLIMBING STAIRS.

WEAK HIP FLEXORS CAN AFFECT A PERSON'S POSTURE AND THE WAY THEY WALK. TO REMEDY WEAK HIP FLEXORS, A PERSON CAN TRY A RANGE OF STRENGTHENING EXERCISES THAT TARGET THE HIP FLEXORS.