



Fix Tight Hip Flexors: The Ultimate At Home Cure

Lauren Bertolacci

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"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's 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.

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From reader reviews:

Jack Cluck:

In this 21st hundred years, people become competitive in most way. By being competitive now, people have do something to make these individuals survives, being in the middle of the crowded place and notice by simply surrounding. One thing that oftentimes many people have underestimated it for a while is reading. Yeah, by reading a publication your ability to survive enhance then having chance to stay than other is high. For you who want to start reading the book, we give you this Fix Tight Hip Flexors: The Ultimate At Home Cure book as beginner and daily reading publication. Why, because this book is greater than just a book.

David Hester:

The book untitled Fix Tight Hip Flexors: The Ultimate At Home Cure contain a lot of information on the item. The writer explains the girl idea with easy approach. The language is very clear to see all the people, so do certainly not worry, you can easy to read the idea. The book was compiled by famous author. The author gives you in the new era of literary works. You can read this book because you can keep reading your smart phone, or model, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can available their official web-site along with order it. Have a nice examine.

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Joe Hessler:

Within this era which is the greater man or woman or who has ability to do something more are more special than other. Do you want to become one of it? It is just simple strategy to have that. What you have to do is just spending your time not very much but quite enough to enjoy a look at some books. One of many books in the top collection in your reading list is usually Fix Tight Hip Flexors: The Ultimate At Home Cure. This book and that is qualified as The Hungry Slopes can get you closer in getting precious person. By looking way up and review this guide you can get many advantages.

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