

Hip Relief for Active & Busy People — What is Hip Flexor Pain?

Does Myofascial Release for Hip Pain Work Fast?

Hip flexor pain is common in both people who move a lot and people who don't move much. Even though people's habits and ways of life are different, hip flexor pain feels similar for many.

If you're having hip flexor pain, how can you make it better?

This article will explain the parts of your hip, what hip flexor pain feels like, what causes it, and what exercises and treatments help.

Anatomy of the Hips

[Add a sketch of the hip muscles]

The hip flexor is a group of muscles, including the psoas major, iliacus, rectus femoris, pectineus, and sartorius (also called a quad muscle). These muscles connect to your backbone, pelvis, and thigh bone.

The hip flexor muscles help you bend your body forward (trunk flexion) and lift your knee or hip up (hip flexion).

How to know if you have hip flexor pain?

You might ask, “What does hip flexor pain feel like?”

Hip flexor pain can show up in different ways. You might feel a deep ache in the front of your hip or groin, or feel tightness when you try to stand up straight. Sometimes, the pain can be sharp, especially when you move, like lifting your leg or bending at the hip.

It's also important to know that hip flexor pain can sometimes spread to other areas through the [fascia](#). You might feel discomfort in your lower back, inner thigh, or even your knee. This spread-out pain can make it hard to find exactly where the problem is and may lead to getting the wrong help.

What Causes Hip Flexor Pain?

Many things can cause hip flexor pain that lasts a long time.

One reason is doing too much, meaning the hip flexors aren't strong enough for the amount of exercise.

Another common reason for active individuals is how they move during exercise. For example, squats and deadlifts don't use the hip flexors' full [range of motion](#) compared to running.

The next reason is [sitting for long times](#) at desks or in cars. This makes the hip flexor muscles (psoas, iliacus, etc.) stay in a short position for a long time, which makes them tight and weak.

People might also do exercises that don't balance out the effects of sitting. For example, exercises that mostly bend the hip (like cycling) without enough stretching back can make muscle problems worse.

Having a lot of stress, which is common, can make muscles all over the body tighter. This tightness often happens in the hip flexors, causing pain and stiffness.

These things cause hip flexor pain and mess up your daily life by changing how you move. The muscles in your hip flexors are important for walking, running, and standing, and pain makes your body move in ways that aren't normal, which causes problems. For example, you might take smaller steps, and you might not be able to run as fast. This also puts extra pressure on other body parts like the knees or lower back. Inside your body, swelling and muscle tightness stop your hip from moving normally, and pain gets in the way of your balance and coordination.

If the pain keeps happening, your body's pain system can become more sensitive, making the pain feel stronger. Because of this, active people can't play sports as well and are more likely to get hurt, while busy people have worse pain from sitting, which makes it hard to do their jobs.

Myofascial Factors in Hip Pain

Problems with muscles and **fascia** are often missed by doctors, but they are a big reason for hip pain.

Trigger points, or "knots," are tight, sore spots in a tight band of muscle that cause pain in that area or send pain to other body parts. They happen because of doing too much, getting hurt, having bad posture, eating poorly, and stress. Releasing trigger points makes the pain better and helps the muscles work better. When Trigger Points build up around a joint, like the hip, they can stop it from moving well.

Sometimes, hip pain starts somewhere else.

The myofascial tissue, or fascia, is a web that holds and connects body parts. It's in muscles, bones, and all the way down to tiny cells.

As movement expert John F. Barnes says, fascia is a "continuous web-like structure" throughout the body, giving support and helping you move smoothly.

Anatomy Trains, by Thomas Myers, shows how fascia connects the body in lines of pull. These lines send tightness and force through the body. For example, the "Deep Front Line" connects the legs, pelvis, backbone, and rib cage, and this affects how your hip works and moves.

This connecting system means that tightness anywhere in the fascia can cause a chain reaction, pulling on other parts and causing problems, including hip pain. Releasing the hip muscles and the fascia around them is important, but it's also important to check and treat tightness in nearby areas like the lower back and knees.

Does Myofascial Release Work Fast?

How quickly you feel better from the myofascial release is different for everyone and depends on how bad the problem is. Some people feel much better after just one time, while others might need a few times to see improvement. Things like pain that has lasted a long time, scar tissue, and swelling can change how long it takes. Myofascial release can often help with muscle tightness and trigger points pretty quickly, but fixing deeper fascia problems and getting your body moving well again for the long term takes more time and patience.

Myofascial release methods, along with trigger point work, help with hip pain and make you able to move better by releasing tightness and helping your tissues work right again.

How to Improve Hip Flexor Health

Focus on moving better and fixing muscle imbalances for hip health that lasts. Because everyone's body is different, there's no one way to treat this. But here are general tips and exercises to help with hip flexor pain:

- [Lower back pain relief](#)
- Dynamic exercises to [warm up your hips](#)
- [Planks for hip extension](#)

Start by releasing muscles around the hip using myofascial release methods (which you can learn from the videos). Then, strengthen your core and hip flexor muscles with exercises. Finally, do exercises that stretch your hip flexors and use your butt muscles to get your full range of motion back.