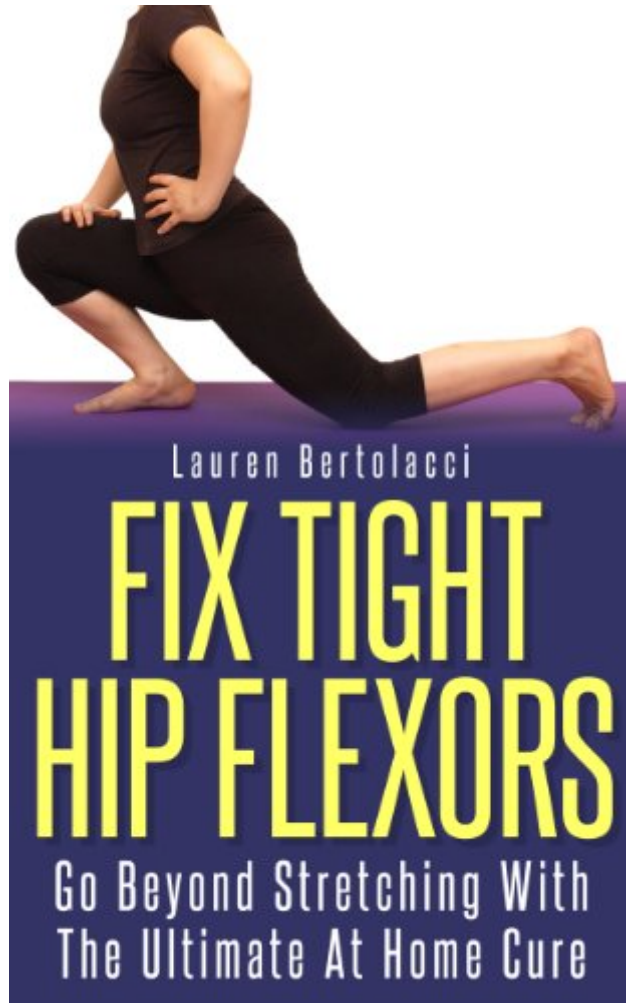


The book was found

# 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 getâ™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.

## Book Information

File Size: 1914 KB

Print Length: 35 pages

Publication Date: September 25, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00FGEMUBM

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #30,529 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #10 inÂ Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Health, Fitness & Dieting #38 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## Customer Reviews

I found Laurens web site 3 years ago after Doctors had advised giving up serious exercise due to herniated discs.I was unable to walk a 100 yards without discomfort.Following exercises described on the site and largely replicated in this compact book I now do my regulation 5Ks in under 25 minutes -and I'm 65 years old!

I thought the book was very informative. The videos were a great addition and the explanation and reasoning behind each exercise were satisfactory. I'm giving four stars because I want to see if indeed the program is effective. I'll shall upgrade my star rating after applying the program.Update:I'm going to move my review star ranking to 5 stars. I haven't even been following her recommended protocol religiously and I've noticed an amazing difference. I think there were 2 days that I did the whole thing and I noticed immediately a release of stress in my right side/lower back region. The psoas release while laying on the tennis ball was particularly helpful! A truly well done and concise piece of work!

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.

The exercises in this book saved my body. The hand in the air lunges release my hip flexors so well that I don't miss doing them ever. A little lung walk and that hip is stretched so well. Lauren also will answer questions promptly when asked.

This book is short and to the point. It follows the KISS Philosophy in that it is an easy fix for the uncomplicated causes of low back, buttocks and thigh pain. I am a medical doctor that specializes in pain management and I've seen lots of patients who have had surgery for pain caused probably as a result of tight hip flexor

I had a chance to preview this book and thought it more than worthwhile to buy. The logic behind the exercises is well explained, and there is a video illustration to go with the exercises. The book teaches you how to both find relief from tight hip flexors as well as prevent them. I get Thai massage which provides much of the movement described in this book. I see this book helping me between sessions as well as saving me some \$\$\$'s since I'm able to go less. Definitely recommend this book.

The book does have exercises that will open up your hips however you could pretty much just do a good internet search and probably find many of the same stretches. There is a lot of pictures and if you get the kindle book you can click on links to see a short video of some of the stretches.

I have really tight hip flexors, as I'm sure you do as well, otherwise you wouldn't be looking at this book. The book is concise and to the point. I will say, I have done most of the exercises before, so there was nothing incredibly new to me, but if you are just starting out, this is a great book to read. I sit at my desk in front of a computer all day. It seems no matter how much I stretch, my hips are still always tight. I have been doing yoga, foam rolling and also, working with a body back buddy on some trigger points, and it has relieved some of the tightness. I think you will benefit from this book, but like anything else, you need to put the time in and do the work. They won't loosen themselves! Good luck!

[Download to continue reading...](#)

Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors,

hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Fix Tight Hip Flexors: The Ultimate At Home Cure 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) Massage: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, Pressure Points, Hip Flexors, Calisthenics) The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) His Tight Little Brat 2: After Prom Punishment (The Tight Little Brat Series) Herpes: Herpes Cure: The Natural Herpes Cure Method To Eliminate Genital Herpes For Life! (Herpes Cure, Herpes, Genital Herpes, Cold Sore, Eliminate Herpes, How To Cure Herpes, Herpes Treatment) Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) Phimosis Cure: How to Stretch Tight Foreskin at Home & Avoid Circumcision (Penis Enhancement, Jelqing, Kegels, Erectile Dysfunction, ED) Getting Hip: Recovery From A Total Hip Replacement Hip Replacement Using The Birmingham Hip Resurfacing Procedure: My Experiences Before, During and After Cure Tight Hips Anywhere: Open Locked Up Hips and Pelvis Anytime, Anywhere (Simple Strength Book 1) Shape February 2011 Marisa Miller on Cover, Sexting, Flat Abs Tight Tush Killer Legs, Love Your Body & Yourself, Drug-Free Headache Cure, 10 Minute Tone-Up - 3 Total Body Moves Feng Shui: Wellness and Peace- Interior Design, Home Decorating and Home Design (peace, home design, feng shui, home, design, home decor, prosperity) Home Security: Top 10 Home Security Strategies to Protect Your House and Family Against Criminals and Break-ins (home security monitor, home security system diy, secure home network) The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic Strategies to Reverse, Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure) Stuttering - The Ultimate Stuttering Cure: How To Stop Stuttering, Control Your Stutter For Life Through Free Stuttering Therapy (Stutterer, Stuttering Cure, Stuttering Free) Gardening: Air-Cleaning House Plants to Purify Your Home - DIY Home, Home Gardening & Indoor Gardening (Healthy Home, Gardening for Beginners, Container ... Hacks, Healthier You, Outdoor Gardening) Advanced Credit Repair Secrets Revealed: The Ultimate Guide to Fix and Establish Your Credit Fast The Ultimate Guide to Strong Healthy Feet: Permanently fix flat feet, bunions, neuromas, chronic joint pain, hammertoes, sesamoiditis, toe crowding, hallux limitus and plantar fasciitis