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Fix Tight Hip Flexors: The Ultimate At Home Cure



Lauren Bertolacci

FIX TIGHT HIP FLEXORS

Go Beyond Stretching With
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 getTMs 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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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!

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