acupuncture · wellness

Hip Flexor (Iliopsoas) Exercises

7 exercises that may help support pelvic and low back stability

Hip-Flexor

Exercises 1–2 stretch the front of the hip; 3–7 strengthen the hip flexors and stabilize the trunk and pelvis.

Precautions

- Stop right away if you feel sharp pain in the groin or hip.
- Keep your abs engaged so your lower back does not arch.
- If you have had hip surgery (such as a hip replacement), follow your surgeon's instructions first.

How often

- Stretches (1–2): 5–7 days a week, 1–2 times a day.
- Strength & stability (3–7): 2–3 days a week.
- Continue for at least 4–6 weeks, depending on your symptoms.



1 Half-Kneeling Hip Flexor Stretch

1. Kneel on one knee with the other foot forward.
2. Tuck your pelvis (tighten your abs) and shift forward until you feel a stretch in the front of the kneeling-side hip.

Hold 20–30 sec · 3 reps each side



2 Standing Hip Flexor Stretch

1. Hold a chair or wall and step one leg back.
2. Tuck your pelvis (tighten your abs) and feel the stretch in the front of the back hip and thigh.
3. Keep your lower back from arching.

Hold 20–30 sec · 3 reps each side



3 Seated Knee Lift

1. Sit tall in a chair with your back straight.
2. Slowly lift one knee, then lower it.
3. Keep your abs lightly engaged.

10–15 each leg · 1–2 sets



4 Standing Knee Lift

1. Lightly hold a chair or wall and keep your upper body tall.
2. Lift one knee no higher than hip level, then lower it slowly.
3. Tighten your abs so your body doesn't sway.

10 each leg · 1–2 sets



5 Lying Hip Flexor Isometric (Knee Press)

1. Lie on your back and bring one knee up toward your chest.
2. Press your hand gently down on the knee while pushing the knee up into your hand — no movement.
3. Keep your abs engaged and breathe normally.

Hold 5 sec · 5–8 reps each side



6 Glute Bridge

1. Lie on your back with knees bent, tighten your abs, and lift your hips.
2. Keep your shoulders, hips, and knees in a straight line.
3. Squeeze your buttocks and lower slowly.

8–12 reps · 2 sets



7 Posterior Pelvic Tilt

1. Lie on your back with knees bent, tighten your abs, and gently tilt your pelvis so your lower back moves toward the floor.
2. Don't let your lower back lift too much, and breathe normally.

Hold 5 sec · 10 reps

Get medical care right away if you notice:

- Groin or hip pain after a fall or injury, or trouble putting weight on the leg
- Pain that is worse at night, or pain with fever
- New numbness or weakness in a leg
- New trouble controlling your bladder or bowels

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These are simple, comfortable exercises for everyday home use, based on materials from respected medical organizations. For exercises tailored to your symptoms, talk with your healthcare provider. This material does not replace an individual medical evaluation.

Sources: NHS – Sitting Exercises; AAOS OrthoInfo – Spine Conditioning Program; JOSPT Low Back Pain Clinical Practice Guideline (2021); ACSM Position Stand (Garber 2011). These organizations have not reviewed or endorsed this material. Illustrations created with AI.