

# Hip Flexor Strain

## What is it?

An overstretch or tear of a muscle and/or tendon of a group of muscles called the hip flexors

## What causes it?

Excessive and/or repetitive stress. Unexpected or strong hyperextension of leg at hip. Poor technique during activity

## Symptoms

Pain, inflammation, tenderness upon movement, restricted range of movement

## Top Tips

Rest and ice asap

## How to Treat it

Ice and rest for 48-72 hours. Anti-inflammatories and painkillers. Physical therapy using heat and massage.



## Rehab

Stretching and strengthening of hip flexors, abs, back, quads and hamstrings.

## Definitions

**Tendon** – flexible, inelastic connective tissue attaching muscle to bone

**Hip Flexors** – group of muscles located at front of thigh and torso

**Hyperextension** – forceful extension beyond normal range in posterior direction

**Extension** – moving in a posterior direction, increasing the angle between body parts

## Associated Conditions

- Groin Strain (Rider's strain),
- Piriformis Syndrome,
- Iliopsoas Tendinitis,
- Tendinitis of Adductor Muscles,
- Snapping Hip Syndrome,
- Trochanteric Bursitis

## Get Help Now

### Products

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