

What is it?

Repetitive or excessive use of inflammation the iliopsoas muscles and hip, resulting in the inflammation of the associated tendon/s

What causes it?

Overuse and/or poor technique during activities like running or squatting

Symptoms

Pain, inflammation, tenderness felt in hip and groin

Top Tips

Rest and ice asap. Warm up and cool down thoroughly before and after activity.

How to Treat it

RICER. Anti-inflammatories and painkillers. Massage using heat and gentle stretches



Rehab

Stretching and strengthening of muscles. Ensuring balance between hip flexors and extensors.

Definitions

Iliopsoas Muscles – iliacus and psoas major, located in mid to lower spine, hip and pelvis

Flexion – a bending movement that decreases the distance between two parts of the body

RICER – rest, ice, compress, elevate, refer

Hip Flexors – muscles in the mid and lower back, pelvis, hip and top, front of thigh

Hip Extensors – muscles in the buttocks and hamstrings/back of thigh

Associated Conditions

- Hip Flexor Strain,
- Piriformis Syndrome,
- Tendinitis of Adductor Muscles,
- Snapping Hip Syndrome,
- Trochanteric Bursitis

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