

Happy Hips Challenge- Part 1B

Foam rolling is a great way to help when your hip flexor feels tight. Foam rolling helps chill your muscles out and dampens the signal that says tighten up. It can be really helpful before exercise. Below is how to foam roll your hip flexor.

Foam Roll Hip Flexor

- Grab a foam roller and place it right on the front of your hip
- You don't want to roll over the bursa sack (instead lean slightly forward)
- Roll down into the quad a bit and then back up
- If you find a particularly sensitive spot, stay on it for a little extra time
- Switch sides and try the other leg
- Get a squishier roller if you can't comfortably talk through this exercise
- 1-3 min of rolling 2-3 times per week is usually plenty (start with less time and build up as tissue desensitizes)

