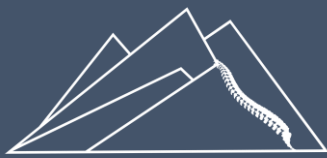


# Foam Roller: Hip Flexors (Iliopsoas)



## Instructions

- The Hip Flexors originate on the anterolateral aspect of the lumbar spine, cross over the front of your pelvis and attach to the proximal portion of the femur.
- Place the corner of the foam roller in your pocket.
- Roll from top of hip bone (iliac crest) down into your upper quads.
- Be mindful to avoid going too deep into the groin as the femoral nerve may become agitated.



**JH BACKCOUNTRY HEALTH**  
CHIROPRACTIC & WELLNESS

Duration/Sets:

Repetitions:

Frequency: