

The 4 Most Common Questions About the Hip Flexor

Below, I have answered some of the most common questions I have received from readers of the site. Hopefully these can clear up some misconceptions about the hip flexor. Also check [Unlock Your Hip Flexors Program Review 2021](#)

P: I am confused about where the hip flexor is. Can you clarify it?

A: Actually, it is not a single muscle. It is a large group of muscles and tendons found in the hip region. Sometimes people switch from the hip flexor to the iliopsoas, the main muscle that performs vertical hip flexion, but in reality this group is made up of much more. There are muscles in the groin, thighs, back, and abs, all of which are considered part of the hip flexors because, in one way or another, they aid in flexion. The actual muscle group is made up of parts that reach almost to the knee, from the center of your body outward, and almost to the chest area. In other words, it extends very far.



Q: Is the hip flexor only used to lift the knee?

In a! While this is the main function, you need to remember that the muscles included in the group will help flex your hips in any direction. The hip is essentially the fulcrum between the upper leg and the pelvis that allows you to move your leg a full 360 degrees. The hip flexor is responsible for providing the force necessary to perform any part of that movement, be it a vertical or horizontal movement.

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