

Iliacus Release



Your client resists you pushing the knee down - eccentric loading



You resist your client lowering their knee - reciprocal inhibition

Indications

Tight or short hip flexors

Limited hip extension

Low back pain

Cautions

This technique should be pain-free.

Explain to your client where you will be working, and get their permission.



[Scan, tap, or click on the QR code for video](#)

Technique

With your client's hip flexed, press your fingers medial to the crest of the ilium, then pull laterally, catching the iliacus between your fingers and the crest of the ilium. Have your client push their foot down as you pin the iliacus muscle with your fingers. Go slowly and stay within your client's comfort range. At the end, have your client dorsiflex their ankle and make their leg long while you press distally on their thigh, tractioning their leg distally.

This technique can be more effective by adding an eccentric load to the hip flexors. Do the technique as before, but this time, press on your client's distal thigh and have them gently resist your pressure as they slide their foot down the table. If this can be done without pain, you can repeat this with increasing amounts of pressure and resistance.

You can also perform this technique with your hand on the distal hamstrings, resisting your client's efforts to slide their foot down the table. This will engage the hamstrings and glutes more, decreasing the activation of the hip flexors through the principle of reciprocal inhibition.

Finish with rocking the femur medially while pinning the iliacus.