

InventionHome® Product Developer Creates Leverage-Based Approach to Targeted Hip Flexor and Soft Tissue Therapy

PITTSBURGH, PA, UNITED STATES, August 31, 2026 /EINPresswire.com/ -- Courtney L. of Seattle, WA is the creator of the FlexorPress, a trigger point therapy and soft tissue massage apparatus designed to provide controlled, targeted pressure to muscle groups, with specific attention to the psoas and iliacus muscles associated with hip flexor function. The apparatus uses a leverage-based mechanism that allows users to regulate pressure independently of body weight while maintaining a face-up treatment position with the knees bent. This configuration is intended to provide a more controlled approach to self-administered soft tissue work.

Unlike conventional self-massage devices that often require a user to lie directly on a rigid massage surface, the FlexorPress positions the user above the apparatus with the hip flexors in a shortened position. The system combines an anchoring sheet, thumb sleeve, leveraging handle, and adjustable massage tip assembly to provide directional control over pressure placement, depth, and angle. Hinged connections allow the massage assembly to pivot and lock into selected positions. This configuration



enables the user to adjust the apparatus according to the targeted muscle group and treatment location.

Self-administered soft tissue treatment can present mechanical and positional challenges when the targeted muscle is difficult to access. Many existing massage tools require the user to place their body weight directly onto a rigid surface or massage point. For muscles located deep within the hip region, this approach can make it difficult to control the exact amount and direction of pressure being applied. Prone positioning may also place the psoas and iliacus in an elongated state and make certain treatment applications uncomfortable for some users.

FlexorPress takes a different approach by positioning the user face up with the knees bent. This posture shortens the hip flexor muscle group during application and provides a stable surface from which the user can operate the device. Rather than using body weight as the primary source of force, the user manipulates a leveraging handle connected to the massage tip. This mechanical arrangement is intended to improve pressure control and make it easier to target specific areas.



The apparatus incorporates an anchoring sheet that is positioned beneath the user's body. The sheet may be constructed from a non-slip material to reduce unwanted movement during use. An aperture within the sheet accommodates a thumb sleeve, allowing the user's outer hand to provide stabilization and directional guidance while the opposite hand operates the leveraging mechanism. This two-point control arrangement can help the user maintain the desired position of the massage assembly while applying pressure.

The massage tip assembly is designed as a configurable component of the system. Depending on the intended application, the tip may incorporate different shapes, materials, levels of firmness, or vibration functionality. The ability to modify the contact interface provides a means of adapting the apparatus for different muscle groups and individual treatment preferences.

Key features and benefits include:

- Targeted soft tissue therapy: Created for trigger point and massage applications of the hip

flexor muscles psoas and iliacus but can also be designed to treat other muscle groups.

- Leverage-based pressure application: Allows users to generate and control pressure through mechanical leverage rather than relying primarily on body weight.
- Interchangeable massage-tip configurations: Tip geometry, material, firmness, and optional vibration characteristics can be varied for different applications.
- User-controlled treatment: Allows users to adjust pressure placement and intensity based on the targeted area and individual tolerance.
- Broad application potential: Can be used for soft tissue maintenance and targeted muscle treatment by athletes, sedentary workers, active individuals, and people managing mobility limitations.

The invention's design can be highly relevant for individuals whose daily activities contribute to hip flexor tightness or discomfort, including people who spend extended periods sitting, perform repetitive movements, participate in athletic activities, or have limited mobility. The apparatus is intended as a self-administered soft tissue tool and may support recovery and muscle-maintenance routines without requiring the user to maintain a prone position.

Ultimately, the FlexorPress combines positioning, mechanical leverage, adjustable geometry, and interchangeable contact surfaces into a single soft tissue therapy apparatus to provide an alternative technical approach to targeted self-treatment of the psoas, iliacus, and other muscle groups.

Courtney was issued her Utility Patent from the United States Patent and Trademark Office (USPTO) and is working closely with InventionHome, a leading invention licensing firm, to sell or license the patent rights to her FlexorPress product. Ideal licensing candidates would be U.S. based product manufacturers or distributors looking to further develop and distribute this product innovation.

Companies interested in the FlexorPress can contact InventionHome at member@inventionhome.com. Inventors currently looking for assistance in patenting, marketing, or licensing their invention can request information from InventionHome at info@inventionhome.com or by calling 1-866-844-6512.

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