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Your main house shutoff valve isn't open all the way. Similar to a hose, it needs to be turned counter-clockwise by hand until it cannot be turned anymore. If the handle looks like a lever, the lever needs to be parallel to the pipe.



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Your pressure regulator is failing. Attach a water pressure gauge to your outside hose spigot, turn it on and read the result. If the number is lower than what your pressure regulator is reporting, your issue might be with the pressure regulator.



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Older homes often have old galvanized steel pipes, which can be subject to corrosion over time. Corrosion can cause tuberculation of your pipe's internal diameter, resulting in low water pressure. A licensed plumber can confirm if your home has corroded pipes.



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You have faulty fixtures. If low water pressure is only noticed in a few fixtures, then it's the fixture causing the issue. Deep clean or replace the faulty fixtures to improve pressure.