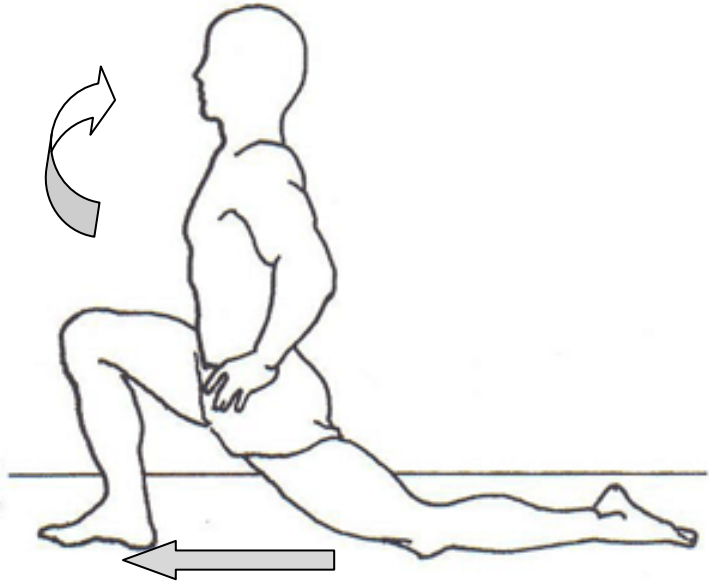
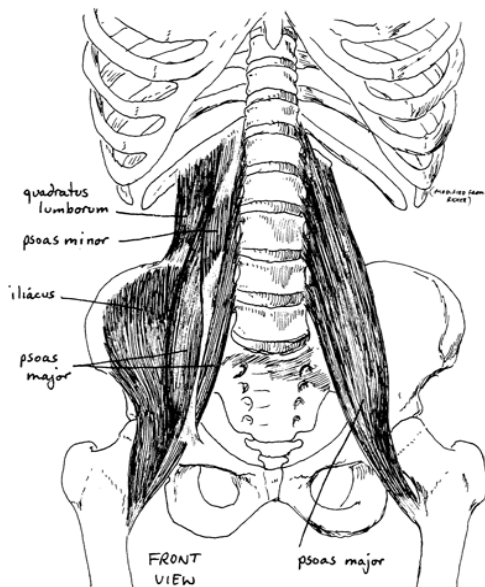


# Psoas Stretch

- Kneel on the floor; place a cushion such as a blanket or pillow under your knee.
- Keep the front knee bent at a 90 degree angle.
- Exhale and push your hips forward into a lunge position, think of driving your tailbone into the floor.
- Turn your torso towards the front knee and lean back slightly.
- Hold for 15-30 Seconds. Breathe normally.
- Repeat on opposite side.
- ✓ Remember to keep your hips squared and your torso over your pelvis.



**Repeat set 2 times per day.**



Stretch should be felt in the quad, front hip and even in the lower abdomen.

*\*Psoas major attaches at the bottom of the thoracic spine, through the lumbar spine, over the pelvic bowl and front of the hip joint, and then attaches to the top of the femur.*