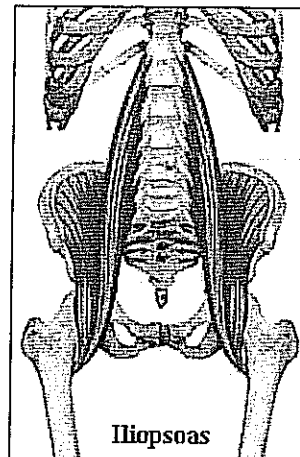


Stretching the Psoas

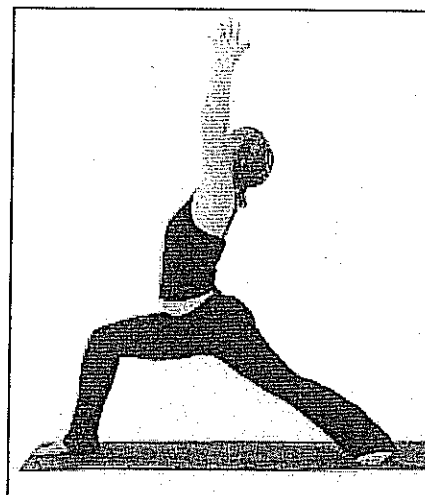
What is the Psoas (so-as) Muscle and Where is it Located?

The psoas major is a large muscle that attaches at the bottom of the thoracic spine (T12) and along the lumbar spine (through L4), then runs through the pelvic bowl, down over the front of the hip joint, and attaches at the top of the femur (thigh bone). It is the only muscle connecting the spine to the leg.



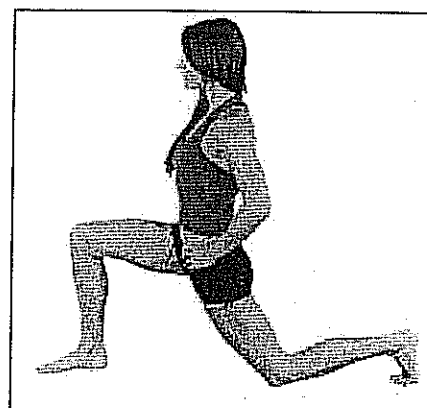
How the Psoas Moves Us

The psoas is traditionally considered a hip flexor. Hip flexors are muscles that bring the trunk and leg closer together. Also a posture stabilizing muscle, the psoas assists in straightening the lumbar (lower) spine. Finally, in actions where one side contracts and not the other, the psoas aids side-bending.



Why is it Important to Stretch Your Psoas Muscle?

A shortened psoas group pulls the spine into hyperlordosis and an anteriorly tilted pelvis (an over-arched low back). This posture can put stress on all the spinal muscles, including the erector spinae—the muscles which hold the spine upright, and all the vertebral joints of the lower spine (causing pain).



*Hold stretch for up to 30 seconds for a total of 10 times. Perform stretching exercises 2-3 times per day.

Arkansas Physical Health and Rehab

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