

How to stretch the psoas muscle.

Get your patient to place one knee on the ground and the other knee is flexed to 90 degrees.

Get your patient to look up at the junction of the ceiling and the wall

Next get them to place one or both hands above their head

Sidebend their body away from the side of the knee on the ground

Now get them to move their body forwards while still looking up

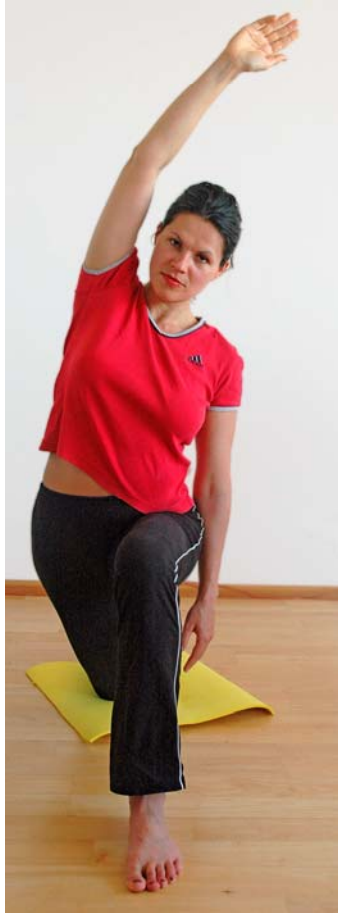
Hold a comfortable stretch position for 20 seconds and after this move 1 to 2 cms further forward and hold this again for 20 seconds

Now perform the same procedure on the opposite psoas

Repeat this at least 4 to 6 times a day

Anything upwards of 6 to 8 weeks may be needed to eventually get the psoas muscle to resume a normal length. This must be stressed to your patient otherwise they may stop after a week because it appears not to be working.





**This is the position that is needed to obtain the stretch.
If you have any queries regarding this, please email me on
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