



**Dave's
NMT & Fitness**

Psoas Stretch

Stretch for the hip flexor muscles of the Abdomen

Basic Type: Neuromuscular

These instructions are designed to be a reminder for those who have already been taught the stretch by a qualified instructor. If you have not been previously taught and the stretch produces any undesirable effects, stop immediately and consult a professional.

Breathing for all stretches should be: Inhale before. Exhale as you move into the stretch position. Wait for the body to respond. Inhale again while returning to the start position.

The psoas stretch is performed while lying on ones side in the fetal position with the hips and knees flexed to 90°. The bottom arm should be bent and placed under the head to act as a pillow.

- 1) Place the palm of the top hand behind the hip, just above the gluteal area, with the elbow bent and pointing back. This has the affect of extending the chest and keeping the hips vertical during the stretch.
- 2) Slide the top leg down and back off of the bottom leg until the extended leg begins to pull forward on the top hip.
- 3) Remain in this position and allow the ankle to rest on the ground.

You are now in a position to safely isolate and stretch the psoas muscle.

- 1) Draw the abdomen up under the ribs slowly as though preparing to close a tight pair of pants.
- 2) When this action begins to produce a pulling feeling in the front of the abdomen, Remain motionless, and relax without losing the position for 3-5 seconds, or as long as it takes to count through the color spectrum. (Red, Orange, Yellow, Green, Blue, Indigo, Violet)
- 3) When the feeling of stretch in the abdomen diminishes, or after 3-5 seconds, return to the start position and repeat the whole procedure two more times.
- 4) Turn onto the other side and repeat the procedure three times for the other psoas.