



Here is a picture of your psoas so you have an idea of how it connects from the lumbar spine and to your leg. It is our main hip flexor (bending your hip) and can become shortened with prolonged sitting.

Quad/Psoas stretch - using “Reciprocal Inhibition”



Start in a lunge position, either on the floor or with your stretching leg on a knee-level table. Keep your forward leg’s knee behind your toes! Lunge forward with your back in neutral position (straight up) until you feel a gentle stretch, and then contract your Glutes (buttock) to rotate your pelvis posterior (tucking tailbone); increasing the stretch. Note this should still be a gentle stretch; the goal is to activate the opposing muscle group to neurologically inhibit the target muscle. This achieves a longer lasting stretch.

Psoas Relief position - with breathing assist

Position yourself, like the picture in a 90/90 position (bent hips and knees). This allows psoas to be released by gravity and you will find your spine settling/sinking into the floor. Begin your breathing exercise by inhaling for a count of 7 and holding for a count of 4. Follow by exhaling for a count of 7 and holding for a count of 4. Slow and controlled is the aim here. As you improve with this, try to lengthen your inhales and exhales to a count of 10. This is how to strengthen your diaphragm as you release your psoas, which will help stabilize your pelvis and SI joints. For additional recommendations of how to strengthen your diaphragm, view the link for breathing exercises on the website.

