

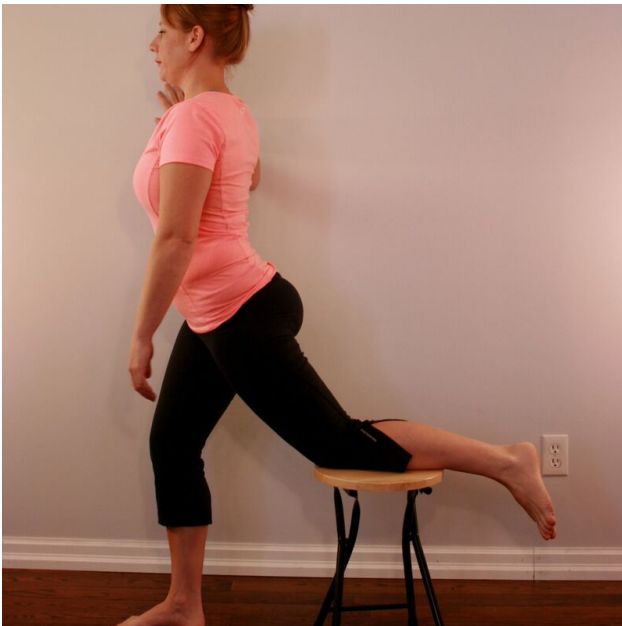
Psoas stretch

Purpose: This stretch is used to open the inside of the legs to allowing the pelvis to move.

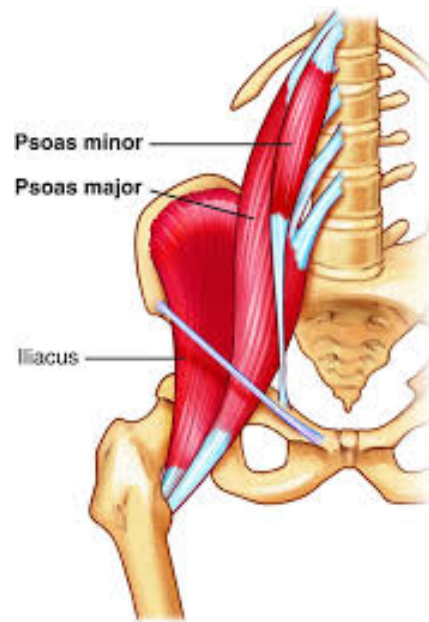
How Often: This should be done a minimum of 3 times a week for best results. For optimal results this should be done every day. 3x per session.

Directions: (A) Kneel on one knee and have the other leg at 90 in front of you. Sink forward 1" at a time, keeping your hips level, do not tuck the hip. Hold 30-60 secs.

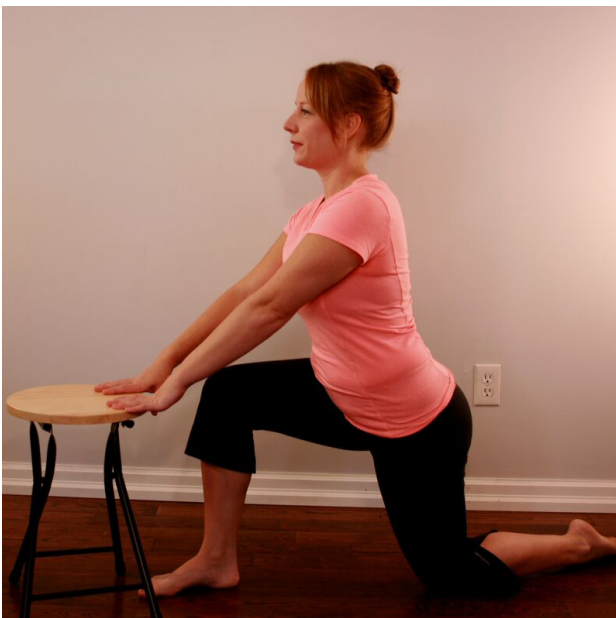
(B) One knee on the chair, keep in your line, move standing leg forward. Hold 30-60 secs.



(A)



Psoas muscles



(B)