

Psoas Muscle Exercise

The Psoas Major muscle attaches to the front portion of the lower spine (from thoracic segment 12 through lumbar segment 5) and can greatly limit low back mobility when tight. It often is one of the sources of low back pain in patients who have difficulty standing for extended periods or kneeling on both knees.

This muscle can be stretched in a half kneeling position (kneeling on one knee). Rotate the leg outward and tighten the gluteal muscles on the side you're stretching. Next, lean forward through the hip joint rather than bending through the lumbar spine. A stretch should be felt in the front of the hip that the patient is kneeling on. Hold it for 20-30 seconds. Repeat it as many times as possible, atleast 1-2 times a day.



A home stretching exercise may be utilized maintaining the stretch 20 to 30 seconds for 10 to 20 repeats as often as possible during the day. The normal side could be raised to a height of two to 2-1/2 feet on a stool depending on the height of the patient. The shortened side can be extended about three feet behind with the foot in slight internal rotation. The patient can also put his hand on the posterior buttock of the involved side and apply added pressure. The patient should definitely feel the psoas stretch, possibly a feeling of discomfort, but not pain.

