

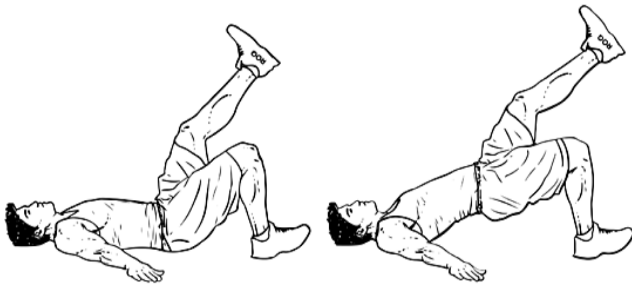


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Psoas Home Exercises

1) Gluteal Strengthening

By strengthening the gluteal muscles, we help relax the psoas muscles.
Many people have weak gluteal muscles, especially those that sit a lot during the day.
Do 3 sets of 10 repetitions on each side. Do this 3 times per day on each side.



Lay on your back with one leg in the air and one on the ground. Press your hips into the air 10 times.

2) Eccentric Psoas Stretch

Sitting causes the psoas muscles to become tight.
Stretching the leg backwards while applying resistance will give the greatest stretch.
Do 3 sets of 10 repetitions on the painful side. Do this 3 times per day.



Lay on your side with your painful side down on the table. Place the opposite foot on the top of the thigh just above the knee. Apply downward pressure with your top leg on the thigh and push back with the bottom thigh. Slowly allow the top leg to overpower the bottom leg.