

Iliopsoas Stretches

Lying Down Stretch

While lying flat on your back, pull your right knee to your chest and hug it toward your body as you keep your left leg and the small of your back pressing toward the floor. Though you are hugging your right knee, place your focus on your left leg as it works to lengthen the left hip flexor. Stretch until you feel mild tension in your left hip and hold.

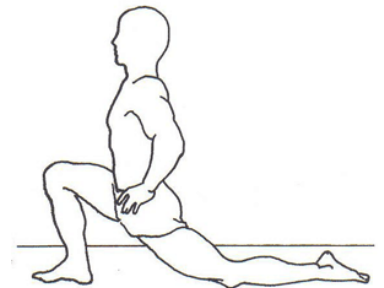


Stretching your psoas muscle lying down can be done on the floor, but it works best on the edge of a training table or bed. Lie on your back toward the lower end of a table so that your buttocks are at the edge. Allow one leg to hang off the edge as you grab the other knee with both hands. Pull your knee toward your chest as far as you can and hold.



Lunging Stretch

The lunging stretch for your psoas starts with you assuming a standard lunge position. Your front leg is bent to about 90 degrees and your back leg is stretched behind you. Keep your back straight and move forward until you feel a stretch at the front of your hip. Twist your body around toward the side of your front leg if you want to feel more of a stretch.



Face a sturdy chair and stand away from it at a distance of 3 to 4 feet. Point your toes forward. Place the sole of your left foot on the front edge of the chair. Slowly and gently shift your hips directly forward. Straighten your right knee and tighten your right buttock to fully extend and lengthen the iliopsoas. When you feel tension along the front of the right hip, hold the position.

