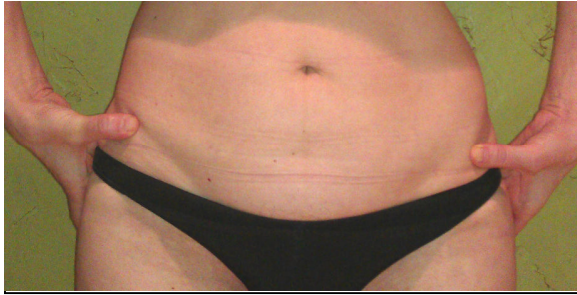


# BALANCING AND LENGTHENING THE PSOAS

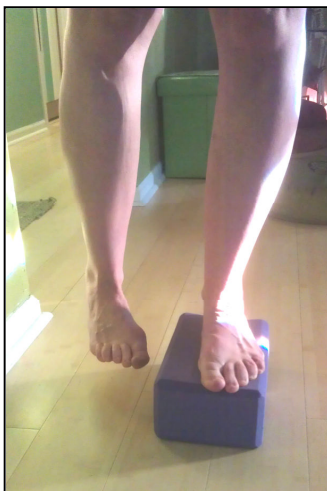
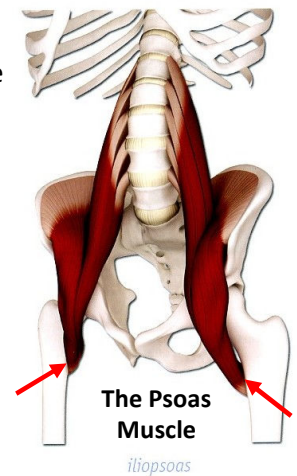


**Check ASIS (Anterior Superior Iliac Spine) or “headlights” to determine if one is higher than the other:**

- \* Place thumbs on top of ASIS parallel to the earth, or
- \* With palms parallel to the floor, place web (between thumb and index finger) at top of iliac crest and tips of index finger on front side of hips.



- \* Standing next to and holding on to the wall for balance with high side of ASIS closest to wall.
- \* Step foot of low side of ASIS up onto a 4” to 5” block and let high side of ASIS suspend in air.
- \* Keeping sole of foot parallel to floor, turn toes in toward block without sickling the side of the foot downward to stretch the psoas muscle where it inserts at the lesser trochanter of femur (thigh bone).

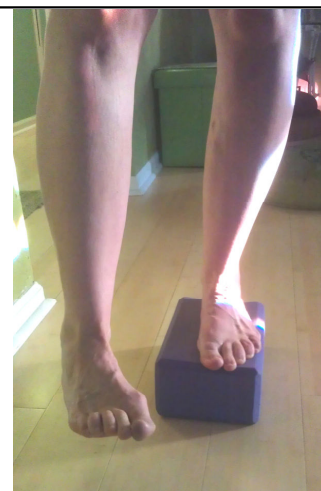


Keeping bottom of foot parallel to the floor with toe pointed in:

**Inhale** – Swing foot back.

**Exhale** – Swing foot forward

Continue to swing the leg slowly and mindfully with deep breaths allowing to foot to hang heavily toward the floor.



**RE-CHECK ASIS TO SEE IF IT MADE A DIFFERENCE.**