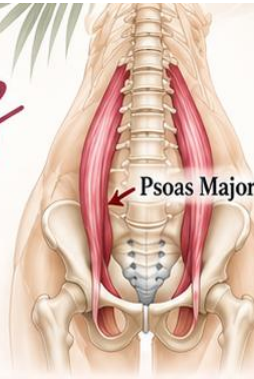


Psoas Stretches

Release ♥ Lengthen ♥ Feel Better

The psoas is a deep hip flexor muscle that can become tight from sitting, stress, or repetitive movement. Gentle stretching can help improve posture, reduce low back and hip discomfort, and increase mobility.



Benefits of Psoas Stretches:

- Less low back and hip pain
- Improved posture
- Increased flexibility
- Better movement and balance
- May help reduce tension and stress

A more comfortable you!

1 Kneeling Hip Flexor Stretch (Classic Psoas Stretch)



- Kneel on one knee, other foot in front (lunge position).
- Tuck your pelvis slightly (think "tailbone down").
- Gently shift your hips forward until you feel a stretch in the front of the hip/groin.
- Keep your chest up and shoulders relaxed.
- Hold for 20–30 seconds per side.

2 Low Lunge with Reach (Psoas + Core Stretch)



- Start in a low lunge (back knee down).
- Engage your core and tuck your pelvis.
- Reach both arms overhead, gently lengthening upward and slightly back (if comfortable).
- Feel the stretch in the front of the hip and torso.
- Hold 20–30 seconds per side.

3 Standing Psoas Stretch



- Stand near a chair or stable surface.
- Place the top of one foot on the chair behind you.
- Tuck your pelvis and gently shift forward until you feel a stretch in the front of the hip.
- Keep your chest lifted and avoid arching your low back.
- Hold 20–30 seconds per side.

4 Figure 4 with Hip Flexor Stretch (Combo Stretch)



- Start in a low lunge.
- Gently bring the back knee out to the side slightly (external rotation).
- This targets the psoas and surrounding hip muscles.
- Keep your pelvis tucked and chest up.
- Hold 20–30 seconds per side.

5 Supine Psoas Stretch (Gentle Option)



- Lie on your back.
- Hug one knee to your chest.
- Let the other leg extend long on the floor.
- Feel a gentle stretch in the front of the hip of the extended leg.
- Hold 20–30 seconds per side.

6 Supported Lunge Stretch (Gentle & Stable)



- Start in a low lunge with blocks or a sturdy surface for support.
- Tuck your pelvis and keep your core engaged.
- Use the support to stay relaxed while you feel the stretch in the front of the hip.
- Hold 20–30 seconds per side.

Move Well ♥ Feel Better ♥ Take Care of You

Always listen to your body. Stretch gently and never push into pain.
If you have an injury or medical condition, consult your healthcare provider.

Psoas Stretches

Gentle Stretches for Bed or Floor

Release ♥ Lengthen ♥ Feel Better

These gentle stretches can be done on the edge of your bed or lying on the floor. They are especially helpful for those who find standing stretches difficult.



CARING PALMS
MASSAGE
Relax. Restore. Renew.

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A more comfortable you!

1 Edge of Bed Psoas Stretch (Leg Drop and Sweep)  • Lie on your back on the edge of the bed. • Let the outside leg gently drop down toward the floor. • Keeping your knee relaxed, slowly move the leg toward your head to feel a stretch in the front of the hip (psoas). • Keep your low back relaxed. Hold 20–30 seconds per side.	2 Seated Figure 4 Stretch (Edge of Bed)  • Sit on the edge of your bed. • Cross one ankle over the opposite knee. • Gently lean forward until you feel a stretch in the hip and outer thigh. • Keep your back straight and relaxed. Hold 20–30 seconds per side.	3 Lying Knee to Chest (Floor or Bed)  • Lie on your back. • Hug one knee to your chest. • Keep the other leg extended. • Feel a gentle stretch in the lower back and hip. Hold 20–30 seconds per side.	4 Supine Figure 4 (Floor or Bed)  • Lie on your back. • Cross one ankle over opposite knee. • Gently pull the uncrossed leg toward your chest. • Feel a stretch in the hip and glute. Hold 20–30 seconds per side.
5 Lying Hip Flexor Stretch with Strap or Towel (Floor or Bed)  • Lie on your back. • Loop a strap or towel around one foot. • Keep the other leg extended on the floor. • Gently pull the leg toward you, keeping a slight bend in the knee. • Feel a stretch in the hip and hamstring. Hold 20–30 seconds per side.	6 Butterfly Stretch (Floor or Bed)  • Lie on your back. • Bring the soles of your feet together. • Let your knees gently fall out to the sides. • Feel a gentle stretch in the inner thighs and hips. Hold 20–30 seconds.	7 Gentle Lower Trunk Rotation (Floor or Bed)  • Lie on your back with knees bent. • Let your knees gently drop to one side, keeping your shoulders on the floor/bed. • Feel a gentle stretch through the hips and lower back. • Return to center and repeat on the other side. Hold 20–30 seconds per side.	8 Supported Psoas Stretch with Pillow (Floor or Bed)  • Lie on your back with a pillow or rolled towel under your knees. • Let your hips fully relax. • Allow your low back and hip flexors to release gently. • Breathe deeply and let go of tension. Hold 20–30 seconds.

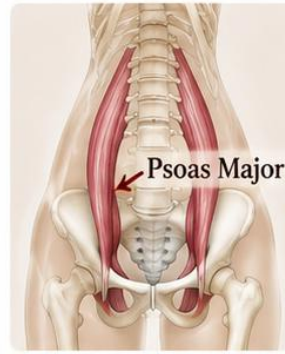
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