



Robyn Dey RMT
Massage Therapy

Psoas Major muscle stretches:

1. end of table
2. with mini ball or foam roller

Psoas Major Muscle Stretch – end of table



Instructions to stretch your **right** Psoas Major muscle

1. Always warm your muscles before exercising.
2. Lying down with your back with hips near the end of a table, pull your left knee up toward your chest and push your low back into the table (posterior pelvic tilt). Maintain the posterior pelvic tilt throughout the exercise to protect your spine.
3. Allow your right leg to relax and hang off the edge of the table. Try to straighten your right knee in order to target the psoas major instead of rectus femoris or tensor fasciae latae muscles.
4. Breathe out as you pull your left knee in closer to your chest. Allow the weight of your right leg to pull it down. You should feel a stretch from the right inner thigh to your spine under your belly button.



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Psoas Major Muscle Stretch – with mini ball or foam roller



Instructions to stretch your **right** Psoas Major muscle

1. Always warm your muscles before exercising.
2. Lie down with a foam roller or mini ball under your sacrum (bony structure in the top center of your buttocks).
3. Push your low back into the mini ball (posterior pelvic tilt). You may need to contract your buttocks to help do this. Maintain the posterior pelvic tilt throughout the exercise to protect your spine.
4. Pull your left knee toward the chest and let your right leg relax and stretch on the floor with a straight knee. The right foot touches the floor.
5. Breathe out as you pull your left knee in closer to your chest. You should feel a stretch from the right inner thigh to your spine under your belly button.