



The Fit Body Clinic - Exclusive report

The Psoas

Fit Body Clinic is a specialist posture and movement clinic focused on restoring alignment, reducing chronic pain, and improving long-term physical function. Drawing on principles from the Egoscue Method and Live Pain Free, the clinic works to address the root causes of musculoskeletal discomfort particularly in the head, neck, and shoulders through tailored posture correction and functional movement programmes. Its approach emphasises education, prevention, and sustainable, drug-free recovery.

Disclaimer- The information here could help you. If you need a better disclaimer, please don't read on.

My Background

Jonathan Mearns is a former police officer turned entrepreneur, coach, and sustainability advocate. Awarded an OBE in 2023 for services to international counter-terrorism, he has since built a diverse portfolio spanning leadership

coaching, environmental enterprise, and adventure. He is the founder of London Christmas Tree Rental, a pioneering circular economy business, and is known for helping individuals and organisations navigate transition, resilience, and purpose-driven growth. He now finds himself relaunching his posture alignment specialism to help people live pain free through a series of small corrective exercises alongside his partner Maud Rousseau who provides nutritional expertise.

The Structure: What and Where is the Psoas

The **psaos major** is a deep core muscle that:

- Connects the **lumbar spine (lower back)** to the **femur (thigh bone)**
- Works alongside the iliacus (together called the **iliopsoas**)
- Acts as a **primary hip flexor** and stabiliser

But it's real role is bigger:

It is a **bridge between the upper and lower body** directly influencing **spinal alignment and pelvic position**

When functioning correctly, it helps keep the body upright, balanced, and efficient.

The Problem: Modern Life Shortens and Disrupts the Psoas

The psoas is highly sensitive to how we live:

1. Prolonged Sitting

Complete the 12 questions [here](#) and have the remainder of the exclusive report emailed to you. And don't worry we wont be spamming you with emails but you will get other helpful reports.