

Let it Heal

Pain & Detox Clinic

The Psoas Procedure

The psoas muscle originates from the transverse processes and the bodies of all the lumbar vertebrae and the intervertebral discs above each lumbar vertebra. It also originates from the twelfth thoracic vertebral body. It inserts with iliacus (which lines the inside of the ilium) into the lesser trochanter of the femur. It is a major postural muscle and is a prime hip flexor. Its origin explains why this procedure may be of benefit to low back problems. This procedure is also beneficial for people who spend a lot of time seated or bending forward at the hips.

Exercise

For this exercise you need to lift a solid object that is held between your knees. Sit on a bench or bed, lean back and support your weight on your arms. Apply pressure medially with your knees against the solid object. On exhalation attempt to lift the object with your knees as you squeeze your knees together. Relax. Repeat six times. To activate the psoas muscle in this position you need to lift the knees i.e., flex the hip joint.