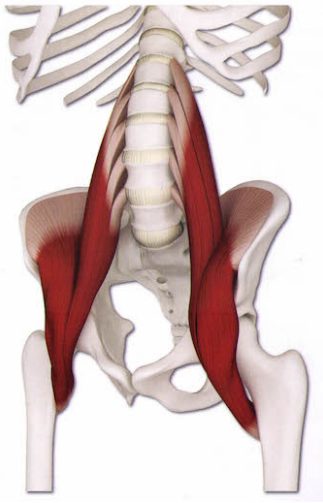


PSOAS MUSCLE



The psoas muscle is one of the body's largest muscles. It attaches at the front of the lumbar spine and runs through the pelvis and ends at the top of the leg. The fascia from the psoas also runs up the spine to the mid brain!

In addition to connecting the legs and spine, the psoas is connected to the diaphragm. Breathing is modulated at the diaphragm, and it is also the location where many physical symptoms associated with fear and anxiety manifest.

The psoas muscle has several functions: It flexes (bends) the hips and it flexes the spine forwards. It is also part of the body's core muscles so it helps to stabilise the low back.

Why is it important to release the psoas muscle in treatment sessions and in self-treatment?

When the psoas becomes restricted or shortened due to injury, prolonged sitting, poor posture or stress, the spine, pelvis and hips can become affected, leading to pain or dysfunction in these areas, or indeed, anywhere else in the body.

The psoas is closely linked to our "fight or flight" mechanism and therefore feelings of anxiety and fear can be very present in those with a constricted psoas. We live in a very fast-paced culture and we have a tendency to always be on the go and our bodies can interpret this as a reason to be ever on-guard.

By releasing the psoas muscle, it can lead to better alignment of the pelvis and low back, less pain and also a sense of relaxation. This can ultimately lead to a greater sense of inner peace.

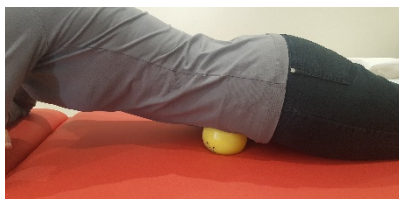
Self-treatment

Within myofascial release sessions, the therapist is likely to release your psoas muscles but it is important that self-treatment is continued at home. It is best to treat the psoas on both sides.

1. The treatment ball needs to be placed on your psoas muscle in between your pelvic bone and tummy button:



2. Slowly lower yourself on to the ball, on to a flat surface



3. Lie over the ball for 3-5 minutes on each side. Imagine the muscle/fascia under the ball melting or softening

