

Psoas stretching testimonial

About a month after the resurfacing of my left hip, I would experience an excruciating pain on that side whenever I would attempt to get up and walk after being in a deeply seated position (as in a car seat or a low upholstered chair). It would be very painful to take the first step. But after taking 3 or 4 steps, the pain would disappear entirely. This would happen each time. If I took the time to stretch my left leg a bit after first getting up, it would not be a problem. This went on for several weeks, and did not seem to be improving. When I emailed Ms. Webb about it, she said this was a fairly common observation and suggested I look into a stretching exercise for the iliopsoas muscle (which I had never heard of!). I found this exercise online and started doing that stretch daily. I don't know whether it was a coincidence or not, but within a few days that pain started subsiding, and within a week or two it was completely gone. I continue to do that stretch as part of my daily exercise routine, and the pain never did return.

90-90 Quad-Psoas Stretch



Here's a favorite stretch, dubbed the 90-90 Quad-Psoas stretch. It resembles the 90-90 stretch with a twist to more strongly target the quadriceps and hip flexor muscles. Sit on the floor on your left hip with your left leg bent at a right angle in front of you and right leg back behind you somewhat. Gently pull the right foot back behind you as close to your right butt cheek as is comfortable. Rotate your torso to the left until you can rest on your left elbow, and press the right hip forward to enable you to feel a good stretch through the front of the right thigh (quadriceps) and right hip flexor (psoas). As you get comfortable with this position, walk your left elbow even farther left and then rotate your right shoulder toward the floor, maintaining that squeezed hip position. Slowly release the stretch and repeat on the

other side. You may find that one hip or quad is tighter than the other; if so, start with the tight side first during future stretching sessions.
