




Psoas (3 Position) Using 4 Inch Ball

NOTE: Treatment is for left psoas, switch sides to treat right side

<p>Position 1:</p> 	<p>Position the ball under your left psoas (anywhere along line just left of navel). Draw left knee up and out to a comfortable position. Follow softening principles starting at the legs and moving up toward your upper back.</p> <p>You should feel your abdomen and body dropping toward the floor. Continue to soften for at least 2 minutes. Once you feel minimal to no sensation progress toward position 2.</p>
<p>Position 2:</p> 	<p>Slowly start to straighten your left leg. STOP at any point where you feel an increase in sensation (tightness, pressure, tenderness), wait there while you bring your breath to the area. When it softens and you feel minimal sensation then you can straighten your leg further until the next change in sensation. Stop, wait, breathe. Follow releases in this position for at least 2 minutes.</p> <p>Once you feel minimal to no sensation progress toward position 3.</p> <p>Note: if you are not feeling the body soften, drop back out toward position 1.</p>
<p>Position 3:</p> 	<p>This is the most advanced position and may take multiple self-care sessions to achieve.</p> <p>Slowly start to draw right knee up and out to the first change in sensation. Follow softening principles while stopping at each change in sensation, waiting, and breathing into the area for a minimum of 2 minutes.</p> <p>Note: if you are not feeling the body soften, drop back out toward position 2.</p>