

Good Health

GREENSBORO

CHIROPRACTIC & WELLNESS.

Psoas Stretch:



- 1) Spread out your feet to be parallel with each other, like a set of “train-tracks.”

To stretch the left side:

- 2) Keeping your back straight, bend the **right** knee and bring your hips forward as you lean into your bent **right** leg. The goal is to stretch the back leg. Hold this stretch for 30 seconds.

To stretch the right side:

- 3) Keeping your back straight, bend the **left** knee and bring your hips forward as you lean into your bent **left** leg. Hold this stretch for 30 seconds.
- 4) Repeat psoas stretch three times a day; morning, afternoon, and evening for best results



If you have any questions about things you might be feeling, give us a call at:
336-509-4963