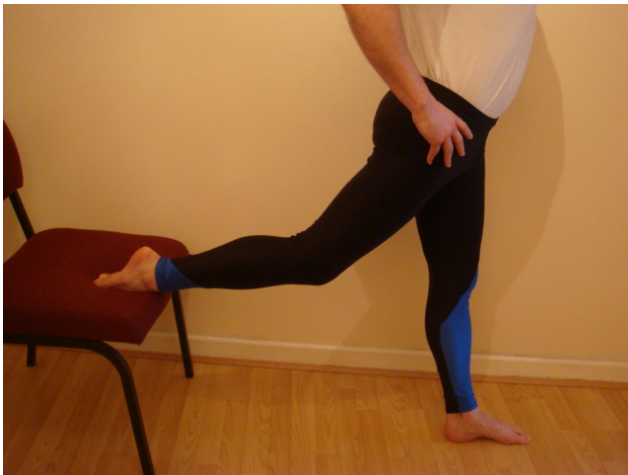


HERTFORD / STEVENAGE CHIROPRACTIC CLINIC

PSOAS STRETCHES



Start by lying on your back with your buttocks right on the edge of your bed so that there is no support to your outstretched leg. Now holding your one knee with both hands, pull your knee to your chest. Make sure to keep the other leg straight. Hold for 20 sec. Alternate legs and repeat 3 times each leg.



Start by standing with one leg on a chair directly behind you. You can support yourself by holding on to something or place your hands on your hips. Accentuate the stretch by bending backwards at the waist. Hold for 20 sec. Alternate legs and repeat 3 times each side.