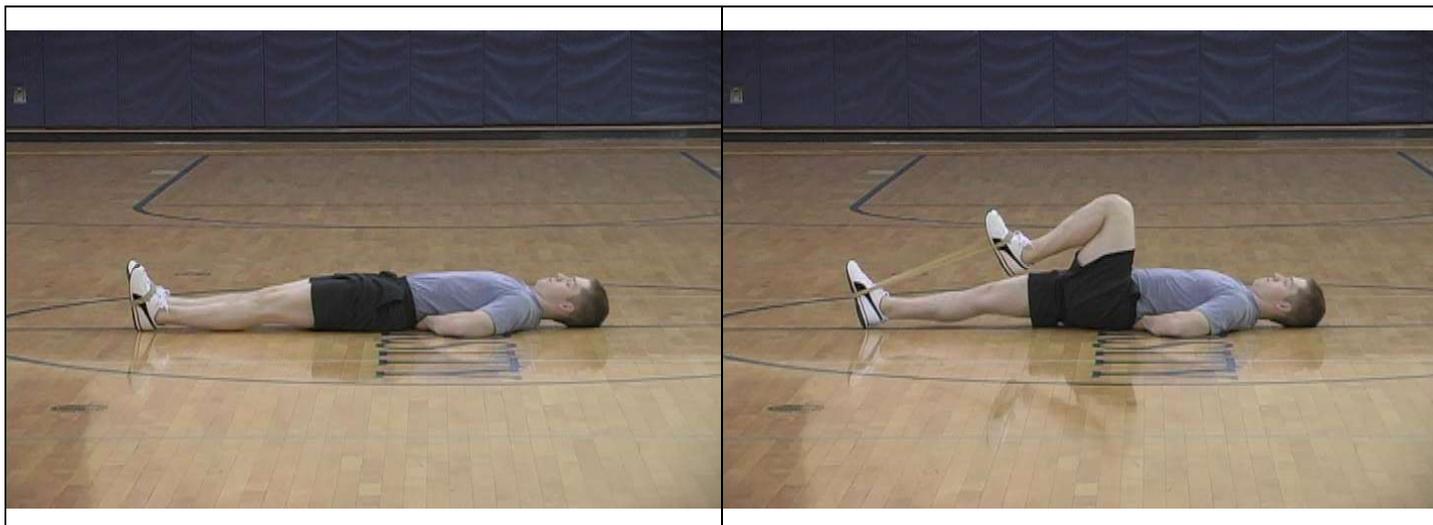


11.1 – LYING PSOAS MARCH



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| <p><u>Purpose</u></p> | <ul style="list-style-type: none"> ▪ To activate and strengthen the psoas. ▪ To teach the difference between hip flexion and lumbar flexion. |
| <p><u>Set-up</u></p> | <ul style="list-style-type: none"> ▪ Lie on your back with your legs straight and your arms bent so that your fingertips are in the small of your back. ▪ Set a neutral spine; if you need to, place a small towel roll in between your lumbar spine and the ground. |
| <p><u>Performance</u></p> | <ul style="list-style-type: none"> ▪ Initiate the movement by pulling from the front of your hip. ▪ Pull as high as you can without losing the curve in your lower back, and then return to the starting position. |
| <p><u>Coaching Points</u></p> | <ul style="list-style-type: none"> ▪ Keep the natural curve in your lower back throughout the course of the movement. ▪ Make sure to pull your knee in a straight line – don't allow it to deviate side-to-side. |