

# Psoas & Iliacus

## Anatomy



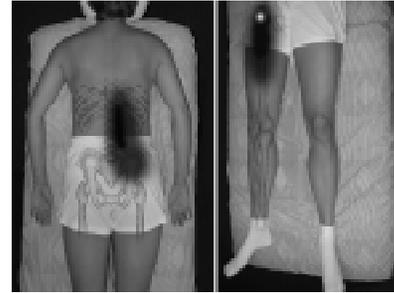
### Psoas

- O: Bodies of T 12 to L4
- I: Lesser trochanter of femur
- A: Hip flexion, external rotation of femur

### Iliacus

- O: Inner surface of Ilium
- I: Lesser trochanter of femur
- A: Hip flexion, external rotation of femur

## Referred Pain Pattern



Active trigger points in the psoas or iliacus will cause referred pain to the low back and upper gluteal area, as well as the upper part of the anterior thigh.

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## Trigger Point & Counterstrain



1. Find Trigger Point
2. Shorten muscle to position of no pain
3. Hold until release
4. Return to neutral position
5. Get feedback

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## Reciprocal Inhibition



Have your client contract the opposing muscles (Glutes & Hamstrings) against your resistance.

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## PNF Stretch



1. Stretch
2. Client does isometric contraction against your resistance
3. You bring their psoas and iliacus into passive contraction
4. Restretch

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## Soft Tissue Release



Press into the psoas at the inguinal ligament with your fingers and have your client use the opposing muscles (Glutes) to hyperextend the hip, stretching the psoas.

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