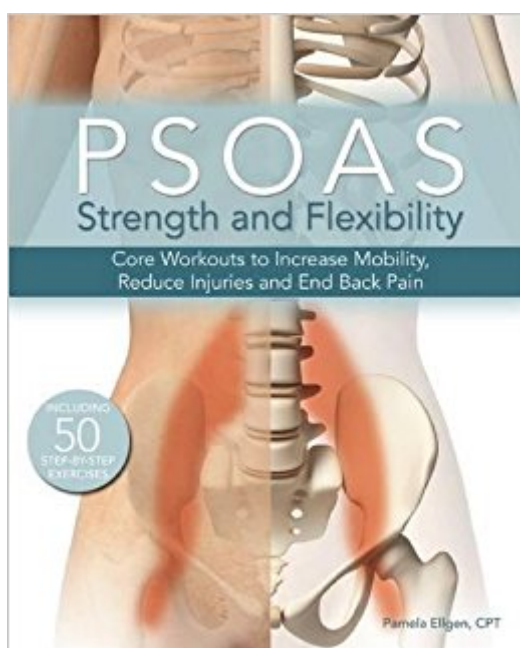


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# Psoas Strength And Flexibility: Core Workouts To Increase Mobility, Reduce Injuries And End Back Pain



## Synopsis

A COMPLETE GUIDE TO PREVENTING BACK AND HIP INJURIES BY STRENGTHENING THE MUSCLE GROUP CONNECTING YOUR UPPER AND LOWER BODY Connecting the lower spine to the hips and legs, a strong and flexible psoas muscle is vital for everyday movements like walking, bending and reaching, as well as athletic endeavors like jumping for a ball, holding a yoga pose and swinging a golf club. With targeted information and exercises, this book's step-by-step program guarantees you'll transform this vulnerable muscle, including: Develop a powerful core End back pain Increase range of motion Improve posture Prevent strains and injuries Packed with 100s of step-by-step photos and clear, concise instructions, Psoas Strength and Flexibility features workouts for toning the muscle as well as rehabbing from injury. And each program is based on simple matwork exercises that require minimal or no equipment.

## Book Information

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## Customer Reviews

Pamela Ellgen is a certified personal trainer with the National Academy of Sports Medicine and an experienced writer on health, fitness, and nutrition. Her work has been published in LIVESTRONG, The Huffington Post, Jillian Michaels's "Live Well," and The Portland Tribune. She lives in Los Angeles, California.

Okay, I'm always interested in trendy or exciting new work-out techniques or gadgets to try. I scrolled past this book at first, before I realized- when was the last time I saw a book dedicated to the psoas?? So I went back, read the blurb, and decided to give it a try. I do a lot of walking and running, and I knew the psoas is important in that aspect- as well as in a lot of other daily activities!

This book begins with some tests to see if your psoas is healthy, and then ways to maintain a healthy psoas. It gives you several different categories of stretches to try, from flexibility to strength. It also gives some yoga poses that work for your psoas- yes, please! I always love when books include programs I could use realistically in my life- like becoming more flexible, something I am ALWAYS working on. There's even on for a sedentary lifestyle, which would work well for some of my family members and my boyfriend, who spends all day in an office! This is a great book, give it a shot if you're interested in learning about the unfashionable but incredibly important psoas muscle.

My hip flexor/Psoas strain keeps reoccurring after too much sitting. So many of these stretches can be done at work.

I've worked out with a number of trainers over the years, and they all mentioned the psoas but never really explained what it was. Psoas Strength and Flexibility, however, does the opposite. The book provides an explanation of not only what and where the psoas is, but how it relates to all different types of movements, both those of exercise and simply of daily life. Although the author does dip into the very scientific aspects of the psoas and its anatomy, it is accompanied by a more lay description that even non-scientifically minded people like me can understand. There's also an extensive list of references used to write the book, and even though I'm not going to seek them all out for further information, I like that confirmation that the author really did her research and knows what she's talking about. I also appreciate the author's judicious approach to the importance of the psoas to the body's function. She views it as integral to an overall state of health and well-being, but acknowledges that it's not the magical key to unlocking your new beach body or eliminating stress from your life. I particularly appreciate the analogy of the body being like a guitar, whose strings need to be checked and adjusted before use. For me, that really brings home the book's focus on whole-body fitness and health.

Before finding this book, I'd never heard of this psoas muscle group -- there is a psoas major and minor, and they run inside your hips on each side. The reason to spend some time reading and working through this book is if you have lower back pain and/or tingling and numbness down one or both legs. As the authors point out, and this is what I thought was pretty cool about this book, is that back pain is not always located exclusively in the back pain. Back pain often comes from compression in the spine or alignment issues, but the lower back is so connected to the hips and

legs that these psoas muscles need some attention. The book begins with a simple test of your psoas muscles strength and flexibility. There is a simple stretch, outlined in the book, to see how much you can stretch these puppies (mine were pretty tight at first, but tend to limber up quickly). There is also a strength test, which simply amounts to standing with your back against a wall and raising one knee. My strength was okay, given the fact that I do a wide range of exercises already, but since taking these two tests my psoas have developed some. So, what are the exercises and stretches like? The book is full of movements and exercises taken from yoga, pilates, and body-weight training. There are many poses and movements which stretch and strengthen these hip muscles, as well as the more typically exercised quads, hamstrings, and glutes. I found this to be a very useful book. It's certainly worth working through this book if you're experiencing lower back pain, I think, as I've found the more flexible and healthy/strong I am overall, the less my back is a problem. The only problem I could see people having with this book is that it's geared toward folks who have quite a bit of fitness and range-of-motion already. If your back is really hurting you, taking up these stretches and movements is going to be a nightmare. You might have a slipped or bulging disk, for instance, at which point you need to be resting for several weeks -- not working your psoas muscles. So any reader will need to approach this as a workout book and take some caution if you're getting into this kind of a workout.

I bought this book for my husband who suffers from lower back pain. After some research on the internet we found out that he might have an issue with his psoas muscle. He doesn't like taking any medication so we thought this book might be helpful. Not only does it tell you about how to strengthen your psoas muscle, but it gives information of what will help and will not help. It describes the reasons why you need to keep your psoas muscle flexible and strong. How things like sleep, nutrition and hydration are important to keeping you and your psoas muscle healthy. The book contains all the exercises you need. All the stretches and exercises are accompanied by photos and detailed instructions. It goes from flexibility stretches to strengthening exercises. It goes over yoga poses to help your psoas muscle. It covers many of the poses that I've done in many of my classes. It also goes through some Pilates exercises and finally some strength exercises. I think it's quite a complete book from nutrition to exercise. If this book doesn't help your psoas muscle right away, it will totally get you in shape. Hope my husband takes advantage of it.

This book was exactly what I was looking for. Offering some simple tests to see if your Psoas is tight or weak, as well a variety of exercises so that your routine can be modified to fit your specific level

of ability/disability.

Very well written and the exercise's are broken up into category's.

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