



Wellspring Chiropractic and Acupuncture Center

Psoas Leg Lifts



- 1. Begin lying flat on your back on a firm, supportive surface.**
- 2. Bend both knees, feet flat.**
- 3. Flatten your back by engaging your core (don't do a "butt lift")**
- 4. Extend one leg out flat, leaving the other leg bent at the knee.**
- 5. Rotate the straight leg out by turning at the hip to turn the toes of the straight leg out to the side.**
- 6. Move the (straight) leg away from the midline by 30 degrees.**
- 7. Lift the straight leg up and toward the midline as if you're aiming for the opposite shoulder but stopping at perpendicular.**
- 8. Lower the leg back down flat, 30 degrees away from midline.**
- 9. Repeat up to 10-15 times each leg, 2 sets every other day.**
- 10. Initially do the exercise with additional weight, but once that becomes too easy, you can add an ankle weight, resistance bands, or even a heavy boot to add resistance.**