

# Psoas Facilitated Stretch - Supine



*Thomas Test - tight quadriceps*

## Indications

Low Back Pain

Limitation in Hip Extension

## Cautions

This stretch should be pain-free. Go slow and get feedback.

Have your client's other knee held toward their chest to help minimize lumbar lordosis.



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## Technique

Have your client lie at the edge of the table, so that one hip is off the side of the table. Have them hold their other knee up toward their chest. Stand so that your client doesn't roll off the table, then press their knee toward the floor only as far as it is comfortable for your client. This stretch must be pain-free.

From this stretched position, have your client press their knee toward the ceiling with just one-tenth of their strength for ten seconds. After the ten seconds, have them try to stretch their knee toward the floor, and assist them at the end of the stretch.

When your client tries to press their knee toward the ceiling, they are fatiguing their psoas using the principle of post-isometric relaxation. When they attempt to bring their knee toward the floor, they are engaging their hip extensors (gluteus maximus and hamstrings), which causes the psoas to relax due to reciprocal inhibition.