



# Therapi Tyliino Advanced Lockdown Exercises

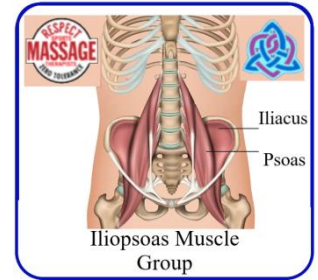


## Iliopsoas Stretches

The iliopsoas is formed by two muscles, the psoas and the iliacus

### Iliopsoas Lunge Stretch

- Start kneeling with both knees on a suitable surface, with support if necessary
- Bring your the foot of the affected hip forward so that your knee is directly above your ankle.
- Follow this by extend the other leg behind you so that your knee is behind your hip and the top of your foot is on ground.
- Keeping your shoulders in line with your hips, a neutral spine
- Rest your hands on the thigh of the affected hip.
- For a deeper stretch, lower the unaffected hip towards the floor, pushing the back foot into the floor.
- Hold initially for a count of 20, then relax for a count of 20
- Repeat initially 5 time.
- Repeat the movement on the opposite side
- Increase the stretch count as it becomes easier increase the count



### Kneeling Lunge Stretch

- Start kneeling with both knees on a suitable surface, with support if necessary
- Bring your the foot of the affected hip forward so that your knee is directly above your ankle.
- Keeping your shoulders in line with your hips, a neutral spine
- press you're the heel of the affected hip and the top of your other foot into the floor.
- Hold initially for a count of 20, For a deeper stretch, contracting and relaxing your hip flexors
- Then relax for a count of 20
- Repeat initially 5 time.
- Repeat the movement on the opposite side



Increase the stretch count as it becomes easier increase the count

### High Lunge Stretch

- Stand with your feet shoulder-width apart and your hands at your sides.
- Keeping your shoulders in line with your hips, a neutral spine
- Place your unaffected foot behind you
- Bend the knee of affected hip, 90°, so it's directly above your right ankle.
- Press your left toes and the ball of your foot into the ground, pushing your hips forward
- Extend your arms directly overhead.
- Hold initially for a count of 20, then relax for a count of 20
- Repeat initially 5 time.
- Repeat the movement on the opposite side



Increase the stretch count as it becomes easier increase the count



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## Iliopsoas Stretches

### Hip Elevator Stretch

- Lie on your back with your legs straight out in front of you and your arms at your sides.
- Then, place a foam roller or block under your hips and low back so that your hips are elevated and your shoulders and head are resting on the floor.
- Bend the knee your affected hip and wrap your arms around your shin to bring it closer to your chest.
- Hold initially for a count of 20, then relax for a count of 20
- Repeat initially 5 time.
- Repeat the movement on the opposite side



Increase the stretch count as it becomes easier increase the count

### Half Frog Stretch

- Start lying on your stomach with your legs stretched out behind you, resting your forehead on the back of your hands, on a firm surface, the floor.
- Bend the knee of the affected hip so that it's at right angle, 90°, to your hip, and flex your foot, so that it's at right angle, 90°, to your shin
- Your shin of the affected hip should be parallel to your other leg.
- Press the side of your knee into the ground to bring your right inner thigh as close to the mat as possible.
- Hold initially for a count of 20, then relax for a count of 20
- Repeat initially 5 time.
- Repeat the movement on the opposite side



Increase the stretch count as it becomes easier increase the count

### Consultion Reference

<https://www.cosmopolitan.com/health-fitness/a29588986/psoas-muscle-stretches/#:~:text=Start%20kneeling%20with%20both%20knees,hands%20on%20your%20right%20thigh.>