Psoas Muscle and SI Joint Exercises (Isometrics)

**Sitting:** Put your hand on top of your knee, try to raise your knee while pushing down. Contract each side 3 times each holding for a count of 5 each time.

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**Laying down on bed on your back:** With one leg hanging off the bed, hold down on your knee and try to raise it. Do this for both legs, 3 times each holding for a count of 5 each time.

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**Laying down:** Bring your knees up and put a ball between your knees. Push your knees in against the ball. Do three times holding for a count of 5 each time.

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Keep knees up and put your hands on each side of your knees. Push out with your knees against your hands, keeping your hands firm to resist your knees. Do this 3 times holding for a count of 5 each time.

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**Laying down:** Hamstring stretch – Bring leg up without bending your knee as far as you can to feel stretch in your hamstring. Do 3 times with each leg holding for a count of 5 each time.
**Laying down** bring knees in and place hand on front of the thigh near the knee and push away one knee at a time, resisting against your hand. Do 3 times each for a count of 5 each time.

With knees still up, place hand below knee, resisting against your hand, one knee at a time. Do 3 times each for a count of 5.

**Laying down** with your legs off the bottom of the bed or bench, bring one of your knees in toward your chest while letting the other leg hang as low as possible feeling a stretch in the straightened leg. Do 3 times for each leg and hold for a count of 5.

**Laying down** with knees bent and feet on floor. Reverse the curve of your low back. Gently press the lower back against the floor by tightening the abdominal muscles and tilting or rolling the pelvis backward. Hold for 3 seconds, then relax all muscle contraction and allow return of curve in low back.