

Psoas rehab

Following on from the Psoas series I have posted two videos which could be incorporated into any hip flexion rehab.

I always try to follow a developmental approach to rehab and strengthening and ensure each athlete is competent in one developmental pattern before progressing to the next.

In relation to hip flexion rehab, exercises would progress in the following order;

- Supine
- Kneeling (half kneeling > tall kneeling)
- Seated
- Supported standing
- Unsupported standing
- Unsupported standing plus external load

The first video below show a supine gymball hip flexion drill. This is an example of a stage one exercise i.e. supine positioned.

In the video note the position of the athletes hands. He is feeling for psoas activation prior to each repetition. This can easily be done by sliding off each ASIS (anterior superior illiac spine) passing medially around 3-5cm. If possible try to maintain this contraction throughout. If this is difficult, try reset prior to each rep, to ensure the correct muscle is being targeted. In addition also ensure the athlete keeps their toes up (dorsiflexed) throughout.

View at: <http://youtu.be/u1lQKGBdrpE>

The next video is a progression of the first. This shows an example of a supported standing position. All the same coaching cues can be used as explained above to ensure psoas activation prior to each rep. In addition, this technique challenges the anterior abdominal wall and thus, further stimulates psoas activity. For more information regarding psoas activation and its relationship to control please read What is the function of psoas major Part One and What is the function of psoas major Part Two.

View at: <http://youtu.be/pU5daEYi4hs>