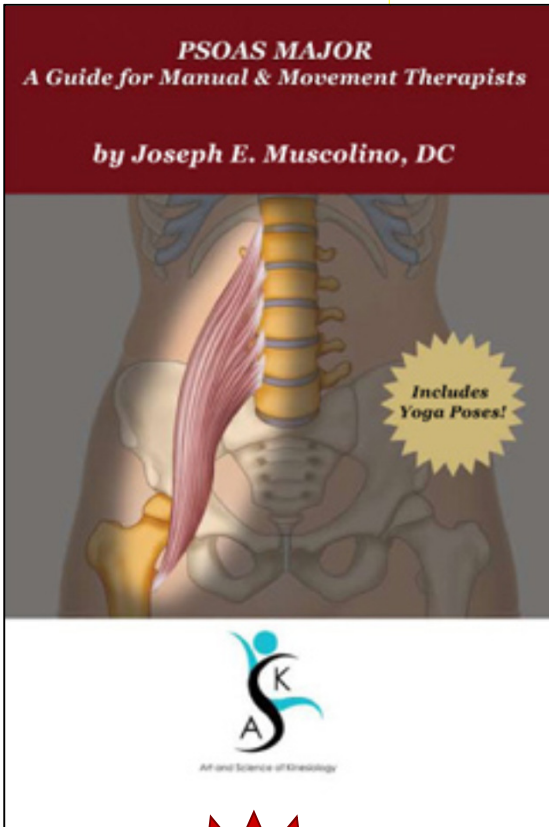


PSOAS MAJOR: A Guide for Manual and Movement Therapists DVD



MUSCOLINO Joe



RRP \$69.95
Special:
\$59.46
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PSOAS MAJOR: A Guide for Manual and Movement Therapists

with Dr. Joe E. Muscolino

"Perhaps no muscles are more misunderstood and have more dysfunction attributed to them than the psoas muscles."

Psoas Major is one of the most important muscles in the body. The intimate and direct association of the psoas major with the spine, as well as its indirect effect upon the spine via pelvic posture, and its role in femoral hip joint function, this muscle merits the needed study for its roles in motion and stabilization.

- This DVD demonstrates and discusses
- Review of actions and attachments
- Length assessment
- Palpation assessment
- Soft tissue manipulation: supine, side lying, 3/4 side-lying, prone and seated positions
- Self care stretches for clients
- Corrective Rest Position for the psoas major
- Bonus: Multiple yoga asanas (pose) that are effective for stretching the psoas major.
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