

# How To Get Lower Back Pain Relief By Releasing The Iliopsoas Muscle



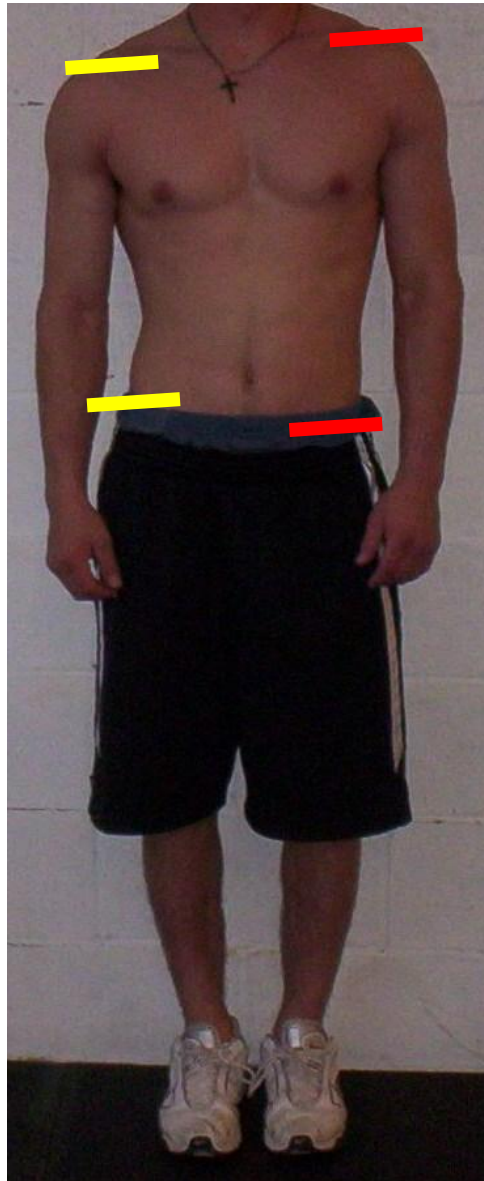
## 1. Review Of What A Tight Iliopsoas Muscle Can Do To Your Body:

Cause increased unilateral anterior pelvic tilt leading to spinal rotation, muscle imbalance and pain in your back as well as sciatica, herniated disc, hip pain, knee pain and even plantar fasciitis.

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Please check with your doctor always before attempting any exercise!

When you look at the image below you can see how distorted the shoulder and hip heights are, they should be on the same height. This many times is the result of a iliopsoas dysfunction that cause the pelvis to rotate and cause a chain reaction in the body.



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## 2. Iliopsoas Release Exercises:

**-Static Back – stay 10-20 minutes**



Figure 5-5

**-Active Stretch – 3 x each side hold 20-30 seconds**



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**-Wall Sit with Ball Squeeze – 5-10 reps, hold as long as you can, squeeze ball between legs as you hold the position as long as you can!**



Thanks for requesting the report, keep me posted on your progress.

**- Peter -**



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