

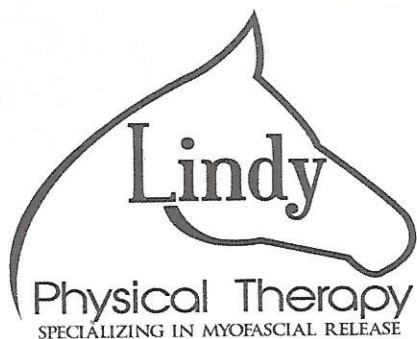
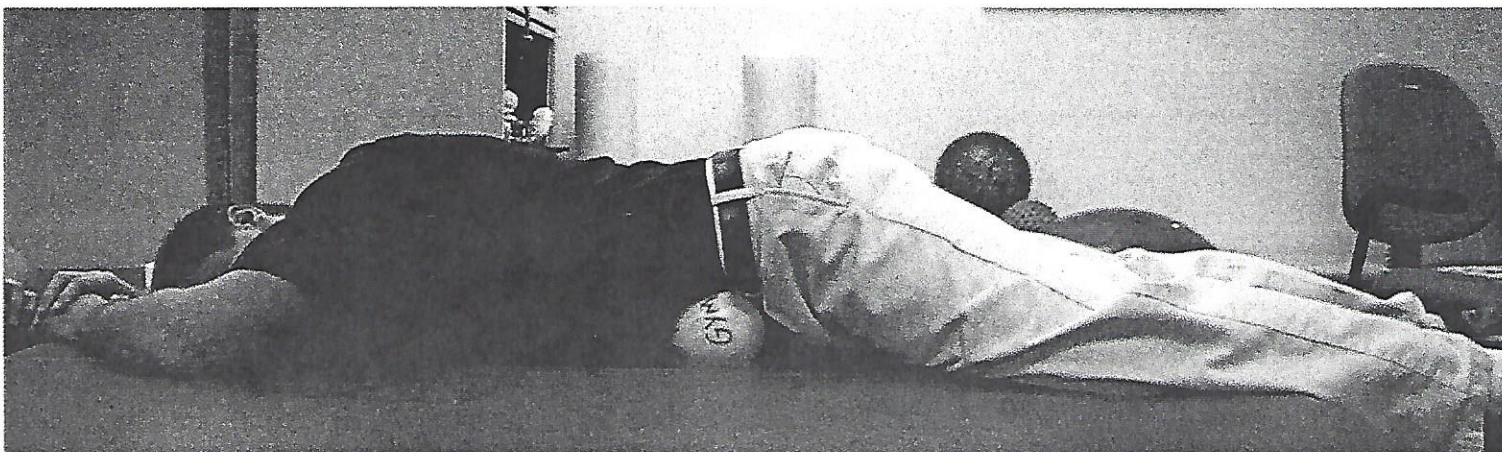
Lindy Physical Therapy

Specializing in Myofascial

Self Psoas Release with the Ball

You will be using a ball to apply gentle pressure to your belly and release fascial restrictions in the anterior lumbar region

Begin sidelying with the ball positioned on your abdomen, between your belly button and your hip bone. Slowly roll over onto the ball until you feel pressure on a tight/tender area. Allow yourself to melt over the ball. It may feel uncomfortable at first: that's a fascial restriction and what you want to release. BREATHE... Soften for a minimum of 2 minutes to allow the fascial to begin to release. Hold for 2-5 minutes to allow for several releases. It's often helpful to imagine yourself inside of the pain feeling it fully. Imagine the tight, hard tissue melting...keep breathing and softening... After a while you'll feel your belly soften. You may also feel the fascial restriction connecting to other parts of your body, like your back, ribs, or neck. As your tissue releases, allow yourself to sink further onto the ball. Your body may naturally roll or shift over the ball to find deep layers of restrictions. Turn your head away from the ball and slide your opposite knee up and out to the side to connect even deeper. Total time spent on the ball should be sufficient for several releases on each side of your belly button, above and below the belly button, as well as midline. Approximately 5-8 minutes on each side. Notice how your body feels after the releases. Is your breath deeper? Is your back looser? Are you taller?



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