

PSOAS

Meaning: PSOAS refers to a deep-seated muscle in the abdomen that is essential for hip flexion and spinal stability.

1. The PSOAS muscle plays a crucial role in hip flexion and stabilizing the spine.
2. Athletes often incorporate stretches for the PSOAS to improve their overall flexibility and performance.
3. An imbalance in the PSOAS can lead to lower back pain and affect posture.
4. Yoga practices frequently focus on releasing tension in the PSOAS to enhance mobility.
5. Understanding the function of the PSOAS is essential for physical therapists when designing rehabilitation programs.

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