

Yoga Therapy: The Psoas Muscle And Related Hip and Back Pain

Structural Yoga Therapy™ Course
July 2008 – IYI, New York City, NY, USA

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1. Case Study

A. Initial Intake

Geri is forty-nine years old. She is a computer consultant and a demonstrator of their soft ware. She travels five to ten days a month, the rest of the time she works from home and is primarily seated/sedentary as she performs her job. She and her husband have recently put their home up for sale. She used to run every day but since the pain she has stopped.

In October 2007 Geri's dad passed away after being sick for about 2 years, they were very close. She has put weight on since the passing of her father. Coming from a large and very close family, Geri is number six of eight children (seven girls –one boy). Geri is married for five years to her husband Marty.

She says just sitting hurts the front of her right hip in the crease. The left leg in the hip joint clicks in the supine position as the leg is lowered from a leg lift (single leg lift) it does not hurt just noisy. At rest her lower back hurts and locks---says she falls asleep on her side and during the night she winds up on her belly and can't get out of bed in the morning when she is on her abdomen.

Pain started in February 2008 (2 months ago). She went to a chiropractor and he told her it was her psoas muscle. The chiropractor is /was also a rolfar. He did deep tissue massage on the psoas muscle. She went for four sessions, two of them were close together and the other 2 were spread out. She stopped after the fourth session and never did any of the homework given to her by the chiropractor. She feels relief from the spasms when it moves and hot baths help a great deal to relieve the pain. She says her whole right side feels like a tight rubber band. In addition Geri has a herniated disc in her neck, and she told me her left arm was numb but has since cleared up (before we began). Pain moving indicate a need to balance Vata

B.

Physical Assessment

The physical assessment was done in two separate sessions. The first session on Monday April 21, 2008 was the MT (Muscle Test) and the initial intake from Geri and we talked about the goal of getting her out of pain. The second session on Friday May 2, 2008 includes the ROM (Range Of Motion) testing, SI Test (Sacroiliac Test)

Body Reading:

- High right shoulder

- Drops head forward
- Body tilts forward onto toes
- Left leg is longer than right
- Limited - right leg internal rotation
- SI - When she raises her right knee her left hip pulls forward and to the right.
- HEIGHT 5'7
- Slightly overweight about 10-15 lbs according to her
- Straight body shape

C.
Summary of Findings

The over all hip area tested weak on both sides.

The gluteus maximus MT iliopsoas MT and the Sartorius MT on the right side are significantly weaker. When testing internal rotation prone she used her lower back (both sides). When testing right knee flexion prone she felt spasms in the hamstring. When testing SI as she raised her right knee her left hip pulled forward and to the right. The gluteus maximus on the right side tests as the weakest muscle in the muscles tested (left is also weak). By strengthening the gluteus maximus muscle (both sides) allowing the psoas to stretch safely, then we can begin to strengthen the psoas and the sartorius muscles.

There is limited awareness and freedom of movement in the hip region needing SI movement – (given after 6 weeks of JFS (see6/4)) after awareness of sensation has been heightened. There is an overall disconnect in the pelvic and core region (vata lower pelvic region). Aggravating vata is over work, stress emotional suppression. Signs of imbalance weight change (gain), trouble sleeping.

| Range of Motion Assessments | | | | | | | |
|--------------------------------|---------------|---------|---------|---------|---------|---------|---------|
| Joint Action | ROM | 4/21/08 | 4/21/08 | 6/21/08 | 6/21/08 | 7/19/08 | 7/19/08 |
| | Norm° | Left | Right | Left | Right | Left | Right |
| ANKLE | | | | | | | |
| Dorsiflexion | 20° | 20 | 23 | | | 25 | 28 |
| Plantarflexion | 50° | 60 | 40 | | | 55 | 56 |
| Eversion | 20° | 15 | 20 | | | 19 | 21 |
| Inversion | 45° | 25 | 30 | | | 25 | 30 |
| KNEE | | | | | | | |
| Extension | 0°/180° | 10 | 10 | | | 0 | 0 |
| Flexion prone | 135°- 150° | 122 | 118 | | | 126 | 120 |
| Flexion supine | 150° | 125 | 130 | | | 130 | 138 |
| HIP | | | | | | | |
| Flexion (Bent Knee) | 135° | 120 | 103 | | | 105 | 110 |
| Flexion (Straight-Leg Raise) | 90° | 75 | 66 | | | 75 | 75 |
| Flexors-quad/psoas restriction | NSS | | | | | | |
| External Rotation (Supine) | 45°-60° | 37 | 32 | | | 56 | 52 |
| Internal Rotation (Supine) | 35° | 22 | 18 | | | 27 | 28 |
| External Rotation (Prone) | 45°-60° | 55 | 37 | | | 60 | 60 |
| Internal Rotation (Prone) | 35° | 35 | 25 | | | 40 | 30 |
| Adduction (Side Lying) | 30°-40° | 30 | 25 | | | 28 | 26 |
| Abduction (Side Lying) | 45° | 40 | 27 | | | 31 | 35 |

| Muscle Testing Assessments | | | | | | |
|-----------------------------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Joint Action | 4/21/08 | 4/21/08 | 6/21/08 | 6/21/08 | 7/19/08 | 7/19/08 |
| | Left, 1-5 | Right, 1-5 | Left, 1-5 | Right, 1-5 | Left, 1-5 | Right, 1-5 |
| KNEE | | | | | | |
| Extension | 4 | 4 | | | | |
| Flexion prone | 3 | 2.5 | 3.5 | 3.5 | 4 | 4 |
| HIP | | | | | | |
| Hip Flexors & Abs (Supine) | 2 | 2 | 4 | 4 | 4 | 4 |
| Trunk Flexion (Supine) | 5 | | | | | |
| Hip Flexors - Bent Knee (Supine) | 3 | 2 | 4 | 4 | 4 | 3.5 |
| Iliopsoas Isolation (Supine) | 2.5 | 1 | 3.5 | 2.5 | 4 | 4 |
| Sartorius Isolation (Supine) | 2 | 1.5 | 4 | 4 | 4 | 3.5 |
| Abduction (Side Lying) | 4 | 2 | 4 | 3 | 4 | 3.5 |
| Adduction (Side Lying) | 4 | 4 | 4 | 4 | 3.5 | 4 |
| Gluteus Maximus Isolation (Prone) | 2 | 1 | 3 | 2 | 3 | 3 |
| External Rotation (Prone) | 2 | 2 | 3 | 3 | 4 | 4 |
| Internal Rotation (Prone) | 1.5 | 1.5 | 3 | 2 | 2.5 | 2 |
| Quadratus Lumborum (Seated) | 2 | 1.5 | 2 | 2 | 2 | 2 |

| Strengthen | Stretch | Release |
|--|----------------------|---------------------------------|
| PSOAS GLUTEUS MAXIMUS HAMSTRINGS GLUTEUS MEDIUS Deep Six EXTERNAL ROTATORS INTERNAL ROTATORS | PSOAS QUADRACEPTS | PSOAS SARTORIUS ADDUCTORS |

**D.
Recommendations**

#1- Monday, April, 21 2008

I gave her the first half of the JFS series to do. This was to start to release the lower half of the body and to let her begin to connect to the awareness of what she feels. I asked her to do six reps of each movement and to go slow with awareness. I did not give breathwork with the movements, as I wanted her to focus on what she feels. I had her do 3-5 minutes of deep relaxation

Phone check-in - Tuesday, April 29,2008

I asked her how it was going and she told me it was taking long as she began to explain it turned out she was doing the six reps, of each of the first half of JFS, but then she was doing that SIX TIMES (36). I told her to go MUCH SLOWER, with much more awareness and just the six reps each and that is all.

#2 – Friday, May 2, 2008

- I gave Geri the second half of the JFS to do.
- I added breath with the movements for the whole JFS.
- We reviewed the first half of the JFS to reinforce SLOW mindful movements, with greater awareness. I pointed out (with arrows) on her JFS sheet the muscles she should be focusing on during the JFS practice. Specifically the muscles that are being contracted are the muscles that are being strengthened as she does each movement. Asking her to pay attention to what she feels, as well as how it feels.
- This reinforced her awareness and helped her slow down
- I gave her nostril to navel breath

#3 – Saturday May10, 2008

- I asked her how she was doing and how she was feeling. I asked if there was any clarification needed on any of the movements. I did not add any more movement for her at this time.
- I increased Deep Relaxation to 5-10 minutes
- I gave her Breathe- two nostrils into one point –Watch yourself breathe through both nostrils and watch it turn into one channel as it moves to the space between the brows .As you exhale from space between brows watch the one channel turn to two I gave her this for focus and to keep her present during relaxation.
- I also gave her breathe into the pain – Watch the pain dissolve as you send your breath awareness to the pain.

#4 – Wednesday June 4,2008

- I did a review and a check-in with Geri.
- I added Sunbird with dynamic movement to strengthen Gluteus Maximus and her Hamstrings.* as she lifted one leg I had her bend her knee with heel towards buttocks – Ten reps dynamically with great awareness.
- I also gave her a version of this movement standing, for those long car or plane rides when she is unable to get on all four 's. I emphasized that the muscle engagement and awareness and not momentum is the proper way to approach this as a standing movement as well as in the traditional all four's position.

In Sunbird raise right leg 12inches take it to right 12 inches turn toes/leg to right (do both sides) ten reps each side. This is done to strengthen the gluteus medius (leg to right) and the external rotators (turn foot to right) The next three movements were given so she could start to release her groin area

1. I gave her the SI release BACK OF MANUAL (stabilize SI joint)
2. Release - lying prone knees bent keep one leg at 90degrees and let the other foot drop to the inner knee of the 90-degree leg.
3. Release - also let right leg drop as you sit in a chair (we had to use a bar stool as she has very long legs there was more of a drop for her, the chair inhibited this drop and made her uncomfortable)

Check – in -- Saturday June 6, 2008

Geri came to a class today and said she was in pain in her hip and lower back but not the same kind as the initial pain, she said it was a twinge, and proceeded to show and tell me how she was twisting as she and her husband put a patio table together. She felt better after class, and I told her to stop the sunbird the one where she goes up 12 inches and to the side 12 inches and turns the foot, I suspect she is not level and not engaging her gluteus maximus putting all the strain on the external hip rotators (JUNE 21,2008 My suspicions were correct.)

#5 – Saturday June 21, 2008

Today I re- Muscle Tested Geri, We did not do the ROM due to a lack of time. I made the movements more refined to target the psoas, external hip rotators (deep six) and the gluteus maximus.

- JFS #4 - 10 on the right 6 on the left
- JFS #5 - 10 on the right 6 on the left
- JFS #6 - 10 on the right 6 on the left
- JFS # 7 - 10 on the right 6 on the left
- JFS #7 - Variation #1 - Sunbird with dynamic movement to strengthen Gluteus Maximus and her Hamstrings. * As she lifted one leg I had her bend her knee with heel towards buttocks – Ten reps slowly and dynamically with great awareness.
- JFS#7 - Variation#2 - In Sunbird raise right leg 12inches take it to right 12 inches turn toes/leg to right (do both sides) ten reps each side. This is done to strengthen the gluteus medius (leg to right) and the external rotators (turn foot to right)
- JFS#8 – 10 on the right 6 on the left
- Variation on Upward Stretched Legs from Structural Yoga Asanas The new movements I had lay on her back and have her legs at a 45-60 degree angle to wall and bring one leg at a time to 90 degrees (foot in line with hip, in slow dynamic movements to strengthen the psoas because she could not raise her legs without using her lower back. Start with six work up to ten reps
- At the other end I had her do single leg lifts, only as high as she can go without engaging the lower back. Start with six and work up to ten reps
- For both full and total awareness on using Psoas and lower abdominals and not engaging lower back.
- All of the above are to be done with awareness to strengthening the specific muscle group and awareness of breath
- For deep relaxation work up to fifteen minutes and continue to use Yoni mudra

#6 - Saturday July 19 2008

This was our final session and the recommendation for Geri was to continue with long savasanas and use the recommendations given to her in our last session that assist her in maintaining pain free as well as strengthening and awareness of body and mind, Kosha one and two

During this session I did the last of three MT and the last of two ROM. I gave her a twenty-minute savasanas asking her to create spaciousness in all of the joints. (From *Class Notes 6/27/08 – Vata: se full guided scan, from head down quiets mind > give spaciousness*) I systematically started from the head down to the toes. EX Create spaciousness over the skull, create spaciousness in the hinge of the jaw, cervical vertebra etc. I saw her about two weeks later and she told me she felt energized after that savasana.

E.

Results of Recommendations

Session #2 - Friday May 2, 2008

We did the ROM test today for the lower body Geri has been doing the first half of the JFS and is finding it a challenge to slow down. We revisited the poses she is having a hard time feeling and the ones she is feeling and noticed that she is much more challenged on her right side. JFS #4 she said she feels more in the right side then the left, so I tell her not to use momentum but focus on the muscle she wants to strengthen (quadriceps). JFS #7 She tells me she cannot get her knee to her nose—and again I tell her it is about the strengthening of the muscle and not momentum or the ego.

Session #3 - Saturday May 10, 2008

Geri hears a click in her left hip as she lowers her leg from a single leg lift; there is no pain (we address this on 6/21). She has been doing JFS and deep relaxation for about two and a half weeks now, Geri says she is feeling more centered during the days she does the JFS and is feeling more centered in general since the start of this practice. She finds she likes to do it first thing in the morning better than later in the day. She has slowed down and become more focused in general. Geri has told me that incorporating the breathing with the JFS helps a tremendous amount she says she gets a deeper stretch, and I remind her to focus on the strengthening also to know the difference of what you feel. Her sleep is improved and she is practicing three to four times a week for approximately thirty minutes, her deep relaxation is only about five minutes and I ask her to focus on increasing it to about ten minutes, lastly JFS #4 is feeling deep in the crease and tight.

Session #4 - Wednesday June 4, 2008

In the JFS #5 Geri tells me it is hard to get the left hip to the left takes lots of awareness. JFS #7 she cannot get the right knee all the way in however it is much better and she feels and is totally aware of the difference. The initial pain in the crease of the hip is gone Geri said it only reappears when she has been sitting for two hours or more. Over all and quite happily she is feeling stronger and out of pain.

Session #5 – Saturday June 21, 2008

Re assessment of the MT only time did not allow for the ROM test will do that in the final session in July. Geri has been doing quite a bit of traveling, and the minor set back of two weeks ago was only temporary. She realized that she was in a very awkward position and had a disconnect/ loss of awareness in her body as she was putting lawn furniture together. The pain was actually a twinge and not the initial pain we are working on that started this study.

She is still doing homework three to four times a week she tells me her awareness continues to heighten and she is really amazed at how good she is feeling. She also told me she was talking to a friend and her friend brought up the synchronicity /correlation between her dad's death and the onset of the pain. This is becoming very apparent to her now. She also told me of a strange feeling of pain in the muscles of the lower thighs, just above the knees, she remembered feeling this at the time of her dad's death during the wake and the funeral and taking note of it thinking she needed to keep exercising and stay fit. She said these same sensations in the lower thigh had just come back and she went back to the first time she had felt them and it was at her dad's wake / funeral.

Geri has been increasingly aware of the symbolic nature of the hips/pelvic region and letting go, I observe this to be profound for her. She sent me the following in E-mail

*"Nitya,
Hi, a friend found this on the internet -very interesting. I am
feeling better after yesterday's (GREAT) class. Will take it
easy for a few days.
Hope all is well.
Geri*

*Discover Your Psoas
By Liz Koch*

*Yoga, Pilates and movement arts offer you a physical workout, a
means of relaxing, restoring from injury and even a pathway to
spiritual enlightenment. Although they may not appear to have a
common link, choosing to engage in any form of movement
exploration embodies the common thread of desire to inhabit life*

with a deeper sense of joy and meaning. When your intention includes a wish to journey within your physical core you can't help but come directly into relationship with the flow of life.

No matter what it's called: Hara, Tan Tien, Chakras, your gut feelings, the terrain spanning between solar plexus and upper thigh is acknowledged as a center of power and wisdom. One core muscle traverses this belly brain; the psoas. Both a functional and instinctive muscle the psoas stands guardian protecting your integrity and serving as a gateway to direct experience of Universal Energy.

The psoas is your walking muscle. It's the only muscle to connect the spine to the leg. Crossing over the ball and socket joints it synchronizes for free swing of the leg while walking. The psoas also serves as a muscular bridge between upper and lower body. As a shelf flowing diagonally through the core, it supports all the abdominal organs. In harmony with diaphragmatic breathing it functions as a hydraulic pump stimulating blood flow and pumping synovial fluid through the spinal cord to the brain.

As part of the (flee or fight) survival mechanism the psoas muscle instinctively responds whenever you're afraid. Exploring the psoas brings you in direct contact with your fears. Vital for physical, emotional, and spiritual health, resolving fear and releasing stress in the psoas helps ignite a wealth of inner power inherent within your core.

Honoring the psoas is a first step in accessing its power. To try to gain access through manipulation creates more pain. Physical palpation of the psoas muscle can cause bruising. Invasive bodywork or massage techniques have been known to break blood vessels and cause abdominal hernias attempting to access the psoas. Truly letting go takes gentle self-exploration and a cultivation of inner awareness."

Gerri is proud she is up to seven minutes of Deep Relaxation and "it goes fast" she says. We are working to fifteen this week and to twenty in the weeks to follow. When MT she was so much more consciously able to focus on her muscles and she happily indicated that to me. From Session#3 there was a click in her left hip she has told me of before. Addressed it at the end of this session. I asked her to lengthen her leg from the hip and to engage the Quadriceps as she lowered the leg. Result: click stopped when muscles are used and not joints.

Session #6 - Saturday July, 19,2008

Today I did the final ROM & MT on Gerri. In the last session (#5) where I targeted specifically the psoas, abdomen and the hip region a greater sense of awareness

is apparent as if to peel an onion. She really like to work with Wave Breath and Yoni Mudra and she told me she does parts of the JFS while taking a break from her work.

Gerri indicated she seemed at a crossroads with her job and was happy to be going away to Cape Cod for 2 weeks. Said she needed to give work some space. She went into great length about what was happening at her job. Still seeing a vata imbalance for her, then she goes on to say how the practice has helped tremendously, so I know she has the tools to bring herself back into balance. Gerri sees the connection about all these things coming up for her and the process of her Structural Yoga Therapy practice heightening awareness in all aspects of her life not just in her yoga practice it permeated her life.

2A - Name and Description of Condition

- Symptomatic of weak core muscles / psoas
- Weak hip flexors from prolonged sitting
- Tight weak muscles causing pain
- Lower back pain (frozen) when she tries to get up in the morning

2B - Gross and Subtle Body Common Symptoms

- Sharp Pain Right Psoas
- Radiating Pain from Front to back
- Unable to Focus
- Clicking left Hip

2C – Related Challenges EX. (Lifestyle diet. limitations on activities)

- Must keep bringing awareness to core area during regular daily activities
- Stress on Job
- Take breaks while Sitting for extended periods of time (i.e.: travel seated for job)

3 – Ayurvedic Assessment - and the Ayurvedic Based Yoga recommendations for the condition (vikriti)

- JFS for Vata
- The original Pain moving from front to back
- Movement equals Vata
- Clicking in left -hip Vata
- Breath with movement to balance Vata

4 – Common Body readings (Ref SYT PG 103)

| Postural Change | Tight Muscle | Weak Muscle |
|------------------------|---|--|
| Body leans forward | Tibialis anterior, psoas, rectus abdominis | Gluteus maximus, thoracic erector spinae |
| Hip elevated | Quadratus Lumborum, psoas | Same as the opposing side |
| Hip twisted | Abdominus oblique, psoas, Tensor fascia lata, sartorius | Same as the opposing side |

5 – Contraindicated Yoga Practices

Any and all movements or asanas not done with full awareness. Example: (1) Standing or seated forward bends while not engaging the top of the quadriceps (2) Balancing on one leg while strain is being put on the lateral side of the standing leg. We must use awareness and muscle strength to support in poses not joints or sheer will.

6 – General Recommendations for this condition

6A – Therapeutic free of Pain

- Strengthen above the injury for limbs; strengthen above the injury for the torso
- Joint Freeing Series
- Strengthen core and core awareness
- Nostril to navel pranayama
- Yoni mudra

6B – Stabilize the situation

- Committed practice free of pain with full awareness used to release then strengthen using the following
- JFS
- SI Release
- Longer savasanas to allow the body/mind to assimilate the energy released during the asana practice

6C – Maintenance

Same as above and moving onto asana practice with the same intention of strengthening and stretching while honoring your body and being free of pain

7 – Q &A From Yoga Forum

***10-03-2002, 07:16 AM

Mukunda SYTherapy Creator

Sacroiliac Stabilizing Exercise

Dear Friends in Yoga -

The sacroiliac is the key joint to the lower body. There have been so many queries on problems related to this that I wanted to share with you an exercise I have devised that relieves a host of offshoot problems - knees, lower back, sciatica, even menstrual irregularities. While these conditions are not necessarily caused by S/I dysfunction, they accompany it. I find that by creating natural motion in the S/I it begins to help vata/pranic energy find its way to balance.

The sacroiliac joint has a small amount of motion #8211; adduction, abduction, flexion and extension. Without these motions or moving into extension (downward) during hip flexion (lifting your knees or sitting), your lower back and hips can be quite uncomfortable. The solution is to mobilize the sacroiliac properly.

The following exercise balances the joint so that as the hip goes into flexion, the psoas will contract with sufficient force to overcome its antagonist, the gluteus maximus, and the joint will flex (move upward). The movement needs to be done regularly for those who have frequent lower back discomfort until the correct pattern of motion is established. This should be done before any other exercises or asanas for those with reoccurring lower back, sacroiliac or hip strains.

Sit on the floor with your knees bent and feet to the right side, so that the right foot points back beside the hip and left foot is adjacent to the right knee. If you are stiff and unable to sit comfortably erect, then place sufficient padding under your pelvis to make it comfortable to be erect and move. Avoid leaning so far to one side that your hand needs to support you on the floor.

The first movement is to pelvic tilt back and forth from the iliac crest (top of pelvis) exhaling as you contract your belly and round your lower back. Then arch your lower back accentuating your natural lumbar curve by contracting the psoas as you inhale. Repeat 12X, or until you feel the motion becoming smooth,

whichever takes longer. You are looking for a feeling of release (Kriya) in the tissue, energy, or emotion that will react to the motions.

The second motion is to take the top of the right thigh (not pelvis) and move it into internal and then external hip rotation. During internal hip rotation your pelvis will lift from the floor, during external rotation your ischial tuberosity (sitz bone) will touch the floor. Inhale as you lift your hips moving into internal hip rotation. Exhale as you lower the hip coming into external hip rotation. Continue for 12X, then reverse your legs and repeat.

When finished stand up and walk in place for 6-10 steps which will assist in promoting stability.

Blessings. Mukunda

***11-12-2002, 10:54 PM

Mukunda

SYTherapy Creator

Sacroiliac Stability

Just do this regularly and watch for improvement in all areas of the lower back and pelvis. Mukunda

02-13-2003, 01:42 PM #3

Mukunda

SYTherapy Creator

Sacroiliac exercise

OOps! Sorry please note the correction has been made in the fifth paragraph of the original text to the following -- The first movement is to pelvic tilt back and forth from the iliac crest (top of pelvis) exhaling as you contract your belly and round your lower back. Then arch your lower back accentuating your natural lumbar curve by contracting the psoas as you inhale. That should correct the motion for you. Namaste mukunda

***05-03-2007, 12:43 PM

Mukunda

SYTherapy Creator

Energetic Healing or not?

Q - My concern is I'm taking on others' injuries. How can I protect myself? Last October, a psychic said that I would become a healer. I didn't take this seriously and have never thought of being one ... Could this be part of the "training" or journey to being a healer. What if I don't want to take this path, what can I do?

A - Protecting yourself is not a good idea. It leads down the path of no end. This is a danger for healers. This pattern of thinking is really the problem. It is Best is to focus on working on energy of person that is within themselves. Do not use the

model that energy comes and goes from people. That will always deplete you. I believe I have addressed this on yogaforums.com site the Spirits path column. You can look up energy or energy bodywork or energy vampires for some comments to go further. A healer is first of all focused on their spiritual development foremost. If that is a path to help others it will naturally arise and methods are not really needed to train in. They provide a conceptual format but they are really irrelevant to one who is a true healer. Being a health or wellness counselor is fine too.

True healers are given methods that others try to copy. Hence many names are there for these methods. If you don't want to take this path all you have to do is to do more spiritual practice and learn to ground your energy work within your own energy pranic field. Do my tantra lessons – Yogatherapycenter.org: Welcome – free they will help you to be independent and non reactive to others difficulties. Then if there is proper relationship to help others then you can do so. Freedom of choice is necessary so that both you and potential client know this is an ethical relationship entered into consciously otherwise if you don't choose then you are free to not react.

Blessings. Mukunda

*** 08-25-2006,

Q Tight and sore inner groin

About 4 months ago I began to have difficulty sitting cross-legged. Knees just wouldn't go down easily and after sitting for a while difficult to bring knees together. I have never been able to sit in full lotus but have been able to sit in half lotus without problems. The other day it was painful to sit on the floor even on a cushion. Any ideas? Thanks.

*** 08-25-2006, 05:41 PM #2

Mukunda
SYTherapy Creator

A Sore groin

It is very common for students to lack ROM in hip external rotation, which is necessary for cross-legged comfortable sitting. To tone these muscles several motions are helpful, see my Joint Freeing Series #5 in which you sit with legs open and lift one hip while turning the ankles downward and inward with the great toe to internal hip rotation then swing the leg to meet the other. Reverse the motion outward by turning the toes outward little toes down to swing the legs open. This last motion tones the muscles you need firm. You can look up external hip rotator muscles pg. 139 and toning asanas in the chart in my book pg. 254.

The more variations you do while feeling the tone in the outer gluteals the quicker the muscles will tone. Another variation is to lay on belly with the ankles crossed knees wide apart. Lift one knee at a time while lowering the ankles. Definitely use your arms to help do this difficult motion. Namaste mukunda

02-02-2003, 03:24 PM

Q Upward Stretched Legs - Abdominals

I love this. This simple posture uncovers severe weakness in my abdominals in that to hold the posture as I do (30 breaths) I spend mostly the whole time with my abdominals trembling and jerking.

This confuses me as I can do various sit-up/crunch-things a moderate number of times, but there has always been some trembling. My PT has included swiss ball crunches and I experience the same trembling there, from the very first repetition, but I am able to do 15, I just look afflicted. On the swiss ball, I am not even doing what might be considered the more demanding angle for the crunch.

Clearly, I continue to focus and learn about this, and the Upward Stretched Legs is a recent tool.

Comments or recommendations?

Thanks hunter

02-28-2003, 01:13 PM

Mukunda

SYTherapy Creator

A Upward Stretched Legs - Abdominals

The abdominals like all muscles have more than one function. The central abdominal muscle, rectus abdominis, has two primary functions. The upper section contracts to create a sit up and the lower section can contract to pelvic tilt which when continued with the help of the hip flexors can then lift the legs. Crunches develop the upper abdominals and not the lower. The Upward Stretched Leg pose develops the lower section. Namaste mukunda

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Yoga Journal - <http://www.yogajournal.com>

Release Your Psoas –Liz Koch

The Psoas Is: - Liz Koch

Yoga Forums - <http://www.yogaforums.com/forums/f18/>

Course Handouts and Class Lecture Notes

24 Asanas

Five Pranayamas for Pain

JFS & JFS with Modifications

Release Techniques

Appendix

Modification of JFS SUNBIRD

Modified to stretch psoas, rectus femoris muscles and to strengthen hamstrings and gluteus maximus muscles

*Raise right leg in Sunbird slowly bend right knee and draw heel towards buttocks, using the strength of hamstrings and gluteus maximus muscles---use slow dynamic movement as you feel the strength of muscles in full range of motion, and as leg straightens feel the release (as in a bicep curl). Do both sides

*I also had her do a version of this standing with her facing a wall or holding onto a chair for support, so she could focus on the muscle with greater ease. This was given to her for times at work or driving for long periods when getting on the floor is not an option

Modification of Legs Over The Hips

*From 24 Asanas for Scoliosis (class handout) Urdva Parasarita Padasana
Legs straight above the hips – lower 6 inches, move dynamically between
positions to tone abdominals and psoas*

*I had client rest both heels on the wall with her legs at a 45-60 Degree angle.

Taking the right leg away from the wall towards 90 Degrees with straight knee (foot towards head) and then back to the wall with slow dynamic movements, keeping the awareness and use on the psoas and abdominals. Relaxing the lower back. Do both sides.

When comfortable with this do both legs (LEGS OVER HIPS) not using lower back!

*On the other side I had her do individual leg lifts, with straight knees and AGAIN not using lower back, then when she felt strong enough to do both legs together.

By doing both of these to strengthen full range of motion. Eventually going from 0 degrees to 90 and back again.

About the Author

Nitya Diane Martino began taking Yoga in the spring of 2002. After multiple surgeries, two car accidents and the loss of a spouse, Yoga so changed her life that she received her first of seven Yoga teaching certifications in June of 2003 in the Integral Yoga Institute, Swami Satchidananda lineage. Her goal is to help people help themselves to feel better, do better, so they can be better and make the world a more beautiful place. Nitya shares her love of Yoga asana, sutra philosophy and zest for life with the community at hospitals, assisted living, schools, yoga studio, and private clients

In 2005 during a Yoga Synthesis TT she was introduced to SYT and Patanjali Sutras both books by Mukunda Stiles, it was apparent to her that this was to be the continuation of her path. Meeting Mukunda Stiles in 2007 and completing Structural Yoga Therapy is the latest pinnacle in her life's path, towards helping people learn to help themselves, as it has helped her help herself grow and find Divine Guidance towards her Dharma, life's purpose.

It is With Great Respect and Great Love I Offer This. NAMASTE