

PSOAS MUSCLE

Written by Brenda Darcy February 2023



The Psoas muscle draws the leg forward and across the body as in a football kick. It is also involved with flexing the hip as well as helping to maintain a correct lumbar curve. If it is tight on one side, it can cause sideways curve of the lumbar spine (scoliosis) or tightness on both sides can exaggerate the lumbar curve (lordosis). As a result, it is often the cause of low back pain, restlessness, and kidney imbalances. Weakness can also result in foot problems / turning the foot out when walking.

It is on the kidney meridian (body clock - 5-7pm). The kidneys are the filtration system for the blood so when the psoas muscle is not functioning properly it can also cause skin problems: e.g., acne, eczema, pimples.

The fix in kinesiology is to:

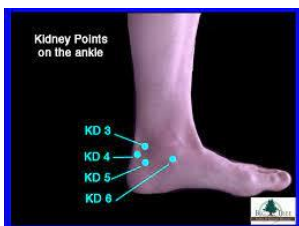
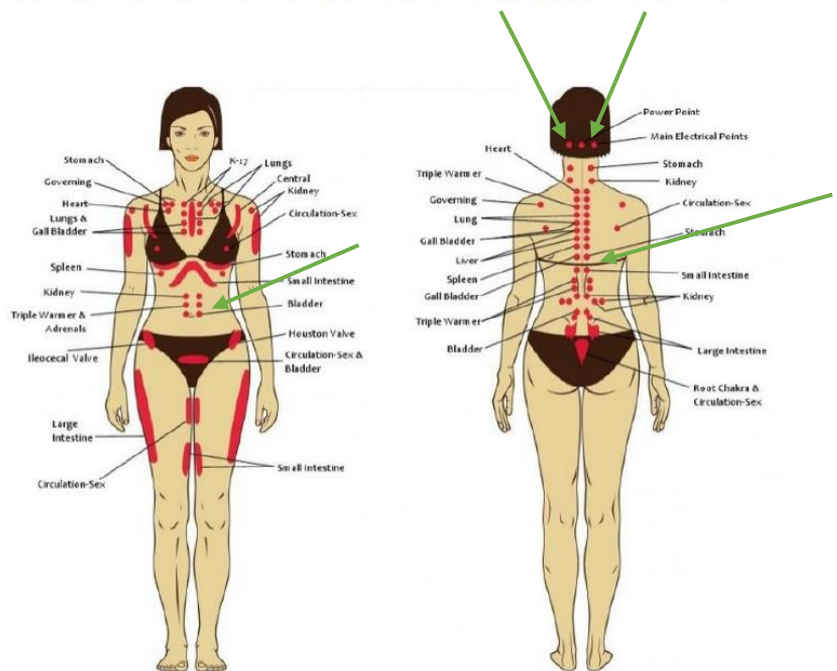
Rub the neuro-lymphatic points (approx. 2.5cm / 1 inch) above and either side of the navel on the front.

On the back the point is at the level of the 12th thoracic and 1st lumbar.

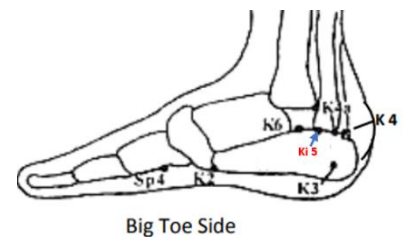
Also hold the occipital protuberance (base of skull) for a few minutes.

Nutritionally: It is best to avoid anything that dehydrates the body (alcohol, coffee, cola drinks and foods that contain caffeine). Drink plenty of water and eat foods rich in Vitamin A and E (parsley, green peas, green leafy veg.)

NEUROLYMPHATIC REFLEX MASSAGE POINTS



Acupuncture point Kidney 5 (approx.) is also one of the major points rubbed when fixing the ICV (be careful, it is very likely to be sore).



Emotional aspect is fear, conflict. Colour is blue. Water is the element.