



PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

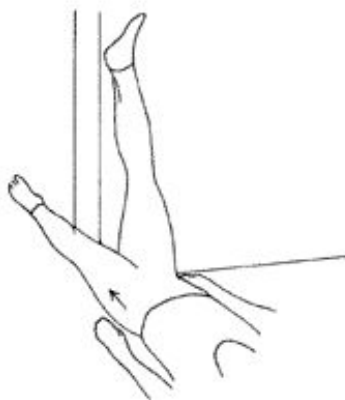
JAMES M. KERPSACK, M.D.

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## PSOAS EXERCISES



**Quadriceps stretch**



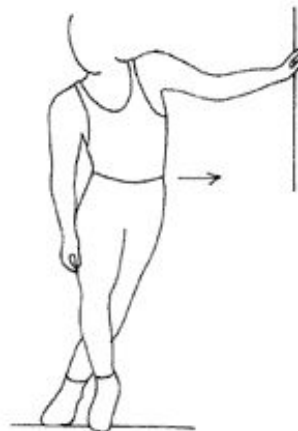
**Hamstring stretch on wall**



**Piriformis stretch**



**Standing**



**Side-leaning**

### **Illiotal band stretches**



**Prone hip extension**



**Side-lying leg lift**

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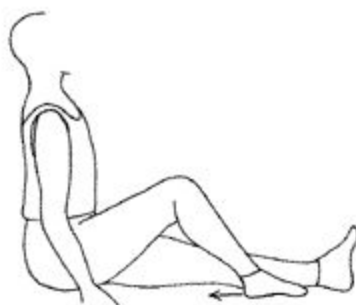
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**Hip flexor stretch**



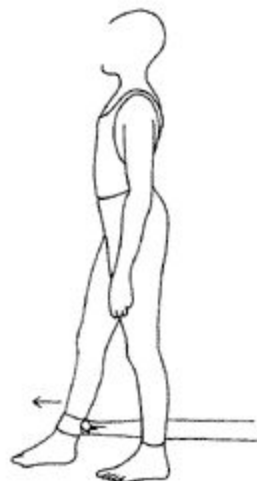
**Quadriceps stretch**



**Heel slide**



**Straight leg raise**



**Resisted hip flexion**

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