



Honoring the Psoas in Pilates and Movement

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Participants will learn to optimize the function of the iliopsoas (psoas) in Pilates. Upon completion of the class, the participants will observe improvements in their alignment, gait and Pilates. They will have a greater understanding and respect of the role of the psoas in movement.

Participants will perform skills from Pilates and Moshe Feldenkrais that encourage psoas mobility and function, with emphasis placed upon proper technique, effective imagery and cuing. Participants will learn to utilize the hip rotators, thigh adductors, hamstrings and pelvic floor, and diminish the over-recruitment of the hip flexors. They will release unnecessary tension in the psoas.

This class will introduce: 1. The role of the psoas in Pilates and movement. 2. Factors that influence the psoas, such as biomechanics, posture, ergonomics, nutrition, and lifestyle. 3. How imbalance in length, strength, and recruitment patterns of the psoas can lead to problems above and below the pelvis.

Experiential movement will reveal the relationship of the psoas with the diaphragm and 'the center.' Efficient psoas recruitment, through proper body and breathing mechanics, results in a deeper use of the center.

The "iliopsoas" (the iliacus, psoas major and psoas minor) or "psoas" is a group of muscles crucial to postural integrity and stability, spinal, hip, limb and organ health.

There is a tendency to overuse the psoas (and quadriceps) muscles, which can place stress on the spine, hip and lower limb. This dysfunction can be addressed through balanced, global recruitment patterns.

Participants will learn to perform 'psoas friendly' biomechanics by fixing one end of the psoas during movement. Understanding the role of spinal and rib placement for optimal psoas function is crucial to safely and efficiently performing Pilates, movement and sports. Releasing the lower back ribs facilitates success quickly. People are often mystified by the psoas because of its winding path, multiple functions and attachment points. If the psoas is approached wisely, performance, health and longevity are enhanced.

