

## Psoas Major

Origin: Anterior lateral aspect of the lumbar vertebrae and their transverse processes.

Insertion: Lesser trochanter

Action: Hip flexor, external rotator, adductor

## Psoas Minor

Origin: Anterolateral surface of T12 and L1 vertebrae.

Insertion: Superior ramus of pubis.

Action: Posterior rotation of pelvis.

## Tender Point:

Psoas Major

1. Roll into iliac fossa 2 cm above the superior ramus of pubis.
2. Posterior aspect of the L2 transverse process.

Psoas Minor

Superior ramus of pubis approximately 7 cm lateral to symphysis.

## Treatment:

Psoas Major

Patient supine. Operator stands on the same side as tender point.

Flexion – of hips from 90-110 degrees

Rotation – of hips toward the tender point side. (Knee toward)

Side-bend – of hips away from the tender point side. (Feet away)

Traction – lift with hand under knees to traction.

Psoas Minor

Patient supine. Operator stands on the same side as the tender point.

Flexion – of hips approximately 90 degrees

Side-bend – of hips slight toward tender point

Traction – lift with hand under knees to traction

