



## The Psoas Solution: The Practitioner's Guide to Rehabilitation, Corrective Exercise, and Training for Improved Function (Paperback)

By Evan Osar

Lotus Publishing, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. The first book to comprehensively discuss the function of the psoas in posture, movement, and exercise, The Psoas Solution identifies the functional anatomy, biomechanics, and motor control of the psoas and its role in core and hip stabilization. Abundantly illustrated with full-colour images throughout, this book also provides most complete review on the relevant research on the psoas available. Integrating this research with clinical experience, Evan Osar identifies the psoas's role on the hip, pelvis, and low back and demonstrates how to incorporate the psoas into functional movement patterns including squatting, lunging, and bending. The Psoas Solution includes corrective and functional exercise progressions for integrating the psoas into daily activities such as standing and sitting. Health and fitness professionals will find this a valuable resource full of applicable strategies and exercises to incorporate into their current rehabilitation and training programs.



[READ ONLINE](#)  
[ 8.89 MB ]

### Reviews

*A fresh e-book with a brand new standpoint. Sure, it is play, nevertheless an interesting and amazing literature. Its been printed in an extremely straightforward way and it is just soon after i finished reading this pdf where in fact modified me, change the way in my opinion.*

-- **Deondre Hackett**

*It in just one of the best ebook. I was able to comprehended every thing out of this composed e pdf. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Ocie Hintz**