

# 腸腰筋ストレッチ



しんどい人は椅子に腰掛ける。  
後ろに引いてつま先立ちをする  
膝を後ろに引くように、股関節前面を伸ばす  
上体は前後に動かないように

# combined psoas stretch



- 1. Sit up straight in a chair with your feet flat on the floor.**
- 2. Lean back slightly and raise your heels off the floor, so that you are balancing on your toes.**
- 3. Gently pull your knees back towards your chest, keeping your back straight.**
- 4. Hold the stretch for 30 seconds, then slowly lower your heels back to the floor.**

