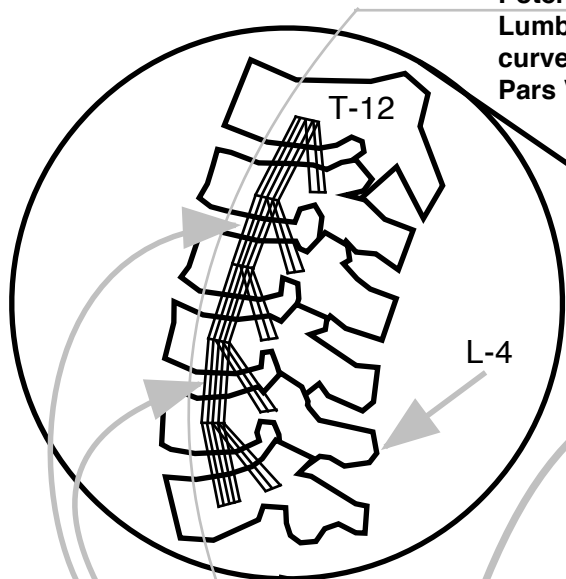
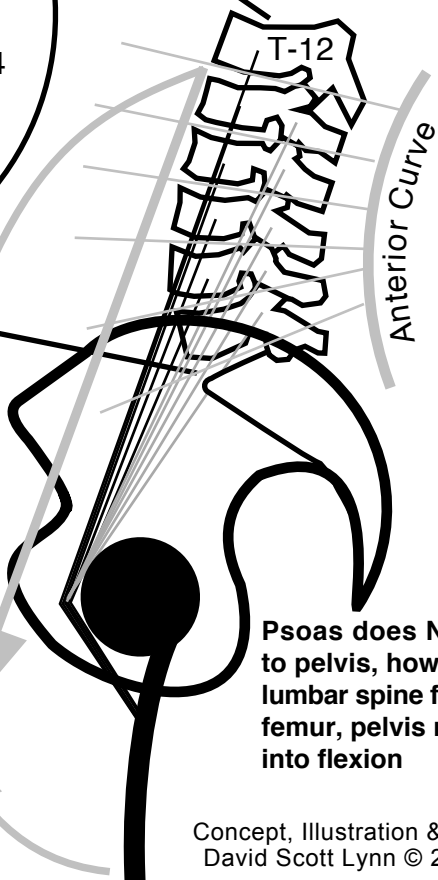


Potential for Direct Compression of Lumbar Vertebrae & Discs with loss of curve via contraction & overshortening of Pars Vertebralis portion of Psoas Major



Pars Vertebralis:
Lumbar Flexion
Deepest portion of psoas major, lies underneath superficial portions of main body of psoas



Lumbar Flexion
Lumbar Disc Compression
Hip Flexion

Psoas does NOT attach to pelvis, however when lumbar spine flexes toward femur, pelvis rotates with it into flexion

Structural Pulls of Psoas Major