



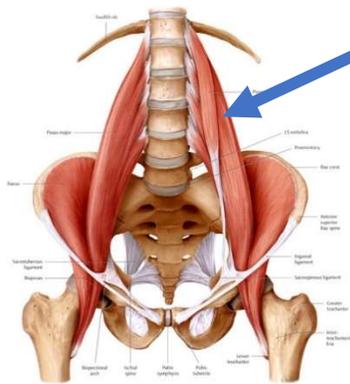
## How to Avoid or Heal Sciatica-with FREE yoga practice video

By Shelley Carpenter, PT, RYT, RM

Every Spring of my past 30 years as a PT, I have seen clients experiencing extremely painful *sciatica* (burning nerve pain from buttocks down the back of the leg).

The main causes: TOO MUCH SITTING, and STRESS.

The root cause of sciatica is often a gripping *psoas* muscle.



Psoas Major is the long muscle that attaches at several segments of the front side of the spine and inserts at the inner femur bone.

Iliacus lines the inside of the ilium (pelvic bone).

Both muscles (together called the iliopsoas) join to attach to the inner femur (hip) bone.

The psoas is a very important muscle. It supports the normal curvature of the low back. It provides stability for the spine. It is the major hip flexor (lifts hip forward) of the body.

In addition to these important functions, it connects us to our “gut feelings.”

The psoas is the first muscular responder when we experience stress. It contracts in reaction to perceived danger in preparation to either flee or fight. Even after the stress has passed, we often continue to grip in the psoas.

When we sit (which we tend to do more in the winter), the psoas is in a shortened position. When we sit for prolonged periods of time, it starts to stay that way. We’ve all probably felt “stuck” in a bent forward position when we first stand up from our desks or get out of the car on a long trip. This is due to a shortened psoas muscle.

The spine and sciatic nerve can become compressed as a result of psoas gripping and shortening.

I’ve created this gentle yoga video to address this common issue. It will leave you feeling calm, refreshed and more mobile with less pain. If you require personal assistance, I

would be happy to see you for either a PT session, Individual therapeutic yoga session or Reiki session.

[24-minute Psoas Lengthening Practice](#)

Enjoy!  
Shelley

©March2022 Shelley Carpenter, Physical Therapist, Registered Yoga Teacher, Reiki Master Teacher is a practitioner at Ommani who offers group (Tuesday and Wednesdays) and individual therapeutic yoga sessions, physical therapy, and Reiki care. During the COVID stay-at-home period she is offering online yoga classes (<https://www.pureenergyyoga.com/monthly-subscription-channel>) and in-person or remote Reiki and in-person physical therapy for persons who are symptom free. Call our office at 262.695.5311 to schedule an appointment.