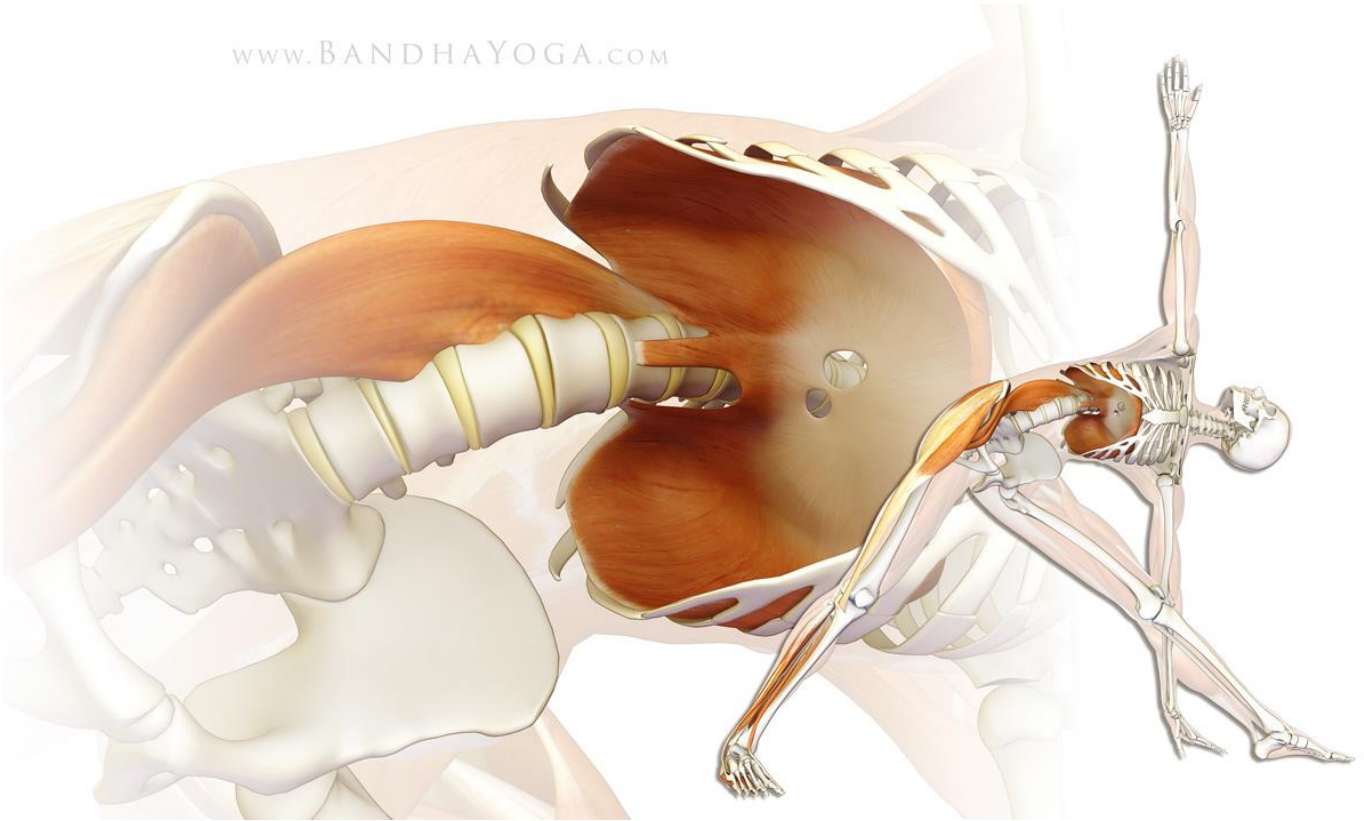


## Where is the Psoas?

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The psoas is the principal muscle associated with physical stability. It stretches from the legs to the spine and is the only muscle connecting the legs to the spinal column. The muscle flares out from the T12 vertebrae, follows down the five lumbar vertebrae, before attaching to the top of the thigh bone.

