

Here's a **complete, beginner-friendly Psoas Stretch Postpartum Routine** with a clear **weekly schedule**, table format, and tips.

Psoas Stretch Postpartum Routine – 4-Week Plan

Day	Stretch	Duration / Reps	Notes
Day 1	Kneeling Lunge (Right & Left)	30 sec each side × 2 sets	Keep torso upright, breathe deeply
	Supported Standing Lunge	30 sec each side × 2 sets	Use wall or chair for balance
Day 2	Elevated Hip Flexor Stretch	30 sec each side × 2 sets	Place back knee on cushion
	Cat-Cow Flow	5 rounds	Focus on gentle spine mobility
Day 3	Kneeling Lunge + Hip Shift	30 sec each side × 2 sets	Slight forward shift for deeper stretch
	Glute Stretch	20 sec each side × 2 sets	Relaxes surrounding muscles
Day 4	Rest / Gentle Walk	10–15 min	Keep movement light
Day 5	Supported Standing Lunge	30 sec each side × 3 sets	Emphasize posture and core engagement
	Cobra Stretch	20 sec × 2	Open chest and lengthen hip flexors
Day 6	Kneeling Lunge + Side Stretch	30 sec each side × 2 sets	Add slight side bend for obliques
	Frog Stretch	20 sec × 2	Open inner thighs, enhance hip mobility
Day 7	Rest / Light Activity	—	Reflect on improvements, gentle walking or stretching

Routine Guidelines

1. **Frequency:** 4–6 days/week, adjust intensity as tolerated.
2. **Breathing:** Inhale to prepare, exhale while stretching deeper.

3. **Progression:** Gradually increase hold time from 20–30 sec → 40 sec over weeks.
 4. **Combine:** Use with **[low impact postpartum exercises]** for full recovery.
 5. **C-Section Moms:** Start with beginner modifications (supported stretches, cushions) until cleared by your doctor.
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Tips for Best Results

- Warm up with **gentle walking or cat-cow flow** before stretches.
 - Keep **core slightly engaged** to protect the lower back.
 - Move slowly and mindfully, especially in the first 2–3 weeks postpartum.
 - Listen to your body—stop if you feel pain around your incision or lower back.
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