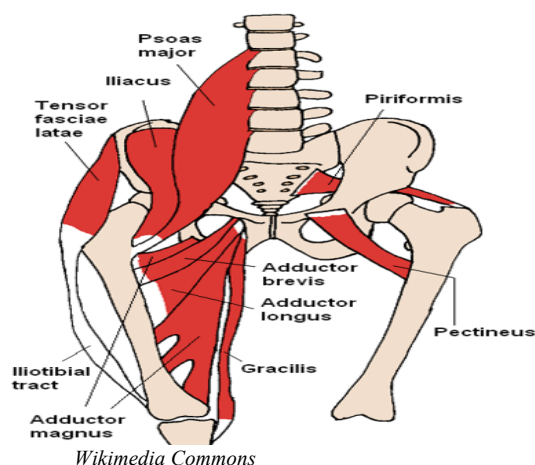


Iliacus + Psoas Major = Iliopsoas Muscle Bleed

Location: Starts at the lumbar spine and upper rim of the pelvis attaching together in the upper thigh bone.



Actions

Bend/flex the hip



Pixabay.com

Lifts the leg & bends body forward



Pixabay.com

Lifts body up



Wikimedia commons

Stabilize back/pelvis



Pixabay.com

Activity Limitations/Recommendations

Don't sit straight up from lying down position

Use log roll technique to get in and out of bed

Use your hands or back rest for support in sitting

Avoid leaning forward, reaching to floor or bringing knee up

Limit standing and walking as much as possible

Avoid standing with foot off the floor

Avoid putting pressure through the leg in standing or walking

Don't use the leg to stand up or sit down

Use crutches or wheelchair to get around: Toe-Touch or Foot Flat Weight Bearing Only!

Signs of Nerve and Circulation Damage: Seek Medical Attention ASAP

Severe Pain

Severe Swelling

Skin Feels Cool

Numbness

Tingling or Prickling

Leg Feels Asleep

Loss of Strength

Unable to tighten muscle

Leg Feels Weak