

JANU SIRSASANA

Janu Sirsasana, an asymmetrical stretch of the posterior kinetic chain, the muscles at the back of the straight leg and the back itself.

Two actions contribute to the main stretch: The action of the bent leg as well as that of the arms.

In the bent leg, the femur flexes, abducts, and externally rotates, drawing that side of the pelvis away from the straight leg.

- . The straight leg-hip flexes.
- . The knee extends.
- . The ankle plantar flexes.
- . The bent-leg hip flexes, abducts, and externally rotates.
- . The trunk flexes.
- . The shoulders flex, abduct, and externally rotate.
- . The elbows flex.
- . The forearms pronate.

Work within your limitations, and do not force progress.

Use the cradle pose to stretch the tensor fascia lata and gluteal muscles to create length to externally rotate the femur.

