



Class 3, September 20, 2020

Lungs

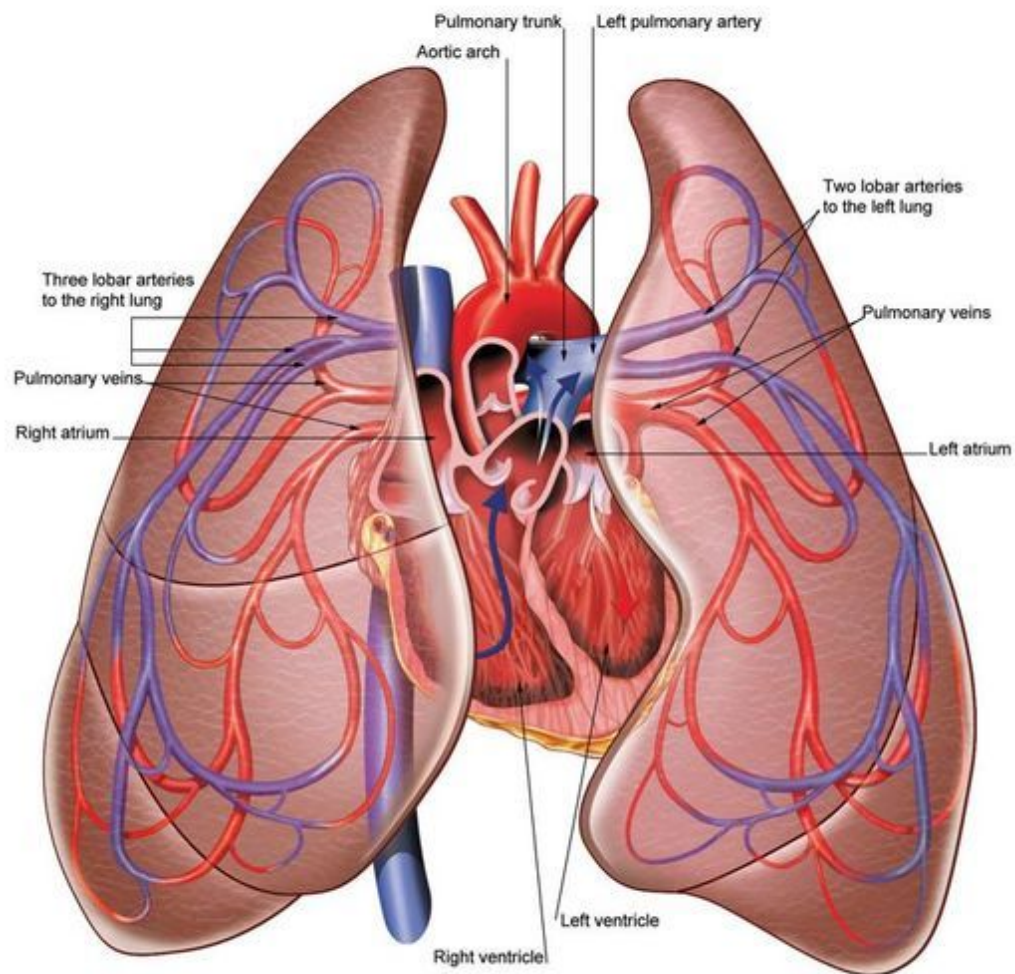




Respiratory System



Lungs and Diaphragm



Lungs and Heart



The **psoas** is attached to the **diaphragm** through fascia and the medial arcuate ligament. With each breathe, **psoas** and **diaphragm** work together to provide anterior spinal stability. The **diaphragm** and hence the **psoas**, react to fear and to stress with constriction.

