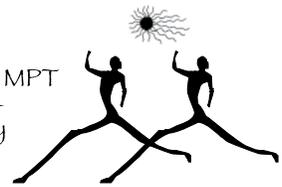


ACTIVE LIFE HANDOUT

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SELF MOBILIZATION OF THE PELVIS

1. Check to see which leg is longer. Lie on your back, lift your pelvis a few times off the floor with both legs bent at the knee. Have someone look (with their fingers) at the underneath aspect of your middle ankles. Remember which is the long leg.

2. In a sitting position:

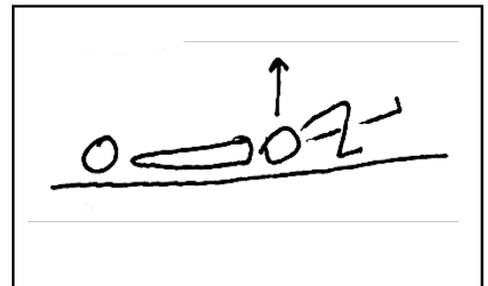
- feet together
- squeeze your fist between your knees, count to 10
- relax, letting your knees fall outward
- place hands on inner knees, and resist gently, hold 10 seconds
- repeat c and d



3. After e above, keeping legs relaxed outward, move hands to the OUTSIDE of your knees, gently resist for a count of 10. Repeat 3 times, letting your knees gently relax outward after 10 seconds.



4. Lie on your back. Bend the LONG LEG at the knee, keep the other knee straight. Lift your buttocks off the floor, holding the straight leg about 2 inches off the floor and hold for 10 seconds. Repeat 3 times.



5. Repeat number 2b above just once.

THIS IS NOT AN EXERCISE. THIS ADJUSTS YOUR PELVIS. ONLY DO THIS IF YOUR PELVIS IS OUT OF ALIGNMENT!

Follow the exercises your PT gives you besides this self treatment.