

## Directions for balancing the pelvis

(For a symptomatic left pronation)

You will need: A yoga mat or folded blanket, a tennis ball, two facial size towels and someone to help you with the final stretch.

1. Begin laying face up on a carpeted floor, with a yoga mat or folded blanket. A bed is usually too soft. Use a pillow to support your head if needed. Bend both knees and place your feet flat on the mat.
2. Place the tennis ball in the low back region on the Right side. (Just above the pelvic bone, to the left of the spine.) You can facilitate this by lifting your pelvis, gently arching your low back. Or by leaning both knees to the right, rolling your pelvis to the left and elevating the RIGHT side of your low back. Place the tennis ball with the RIGHT hand or have someone else place it.
3. Roll on the tennis ball by lifting your buttocks high enough to allow for the movement of your pelvis and low back on top of the ball, but not so high as to negate deep massage of the tennis ball. Straightening both knees, a little, will roll the ball up the muscles adjacent to the spine. Stop just below the rib cage. Move the ball a few inches to the RIGHT of the original starting position and roll up the muscles again to just below the ribs. Do this to your degree of tolerance, but do not punish yourself.
4. To do the next step you will need two facial size towels. Fold both in half the long way. Place one on top of the other. Then roll them together tightly so you end up with a cylinder that is approximately 6 inches in diameter and 8 inches in length. Laying face-up on a yoga mat, or folded blanket, elevate your pelvis, or roll to the left side, and place about 4 inches of the rolled towel under the top side of your RIGHT pelvis. (Just below the small of your back on the RIGHT side, or at the top of the RIGHT buttocks.) Bend the left knee with the foot flat on the mat and straighten the RIGHT leg. You will need someone's help for the next step.
5. They should be kneeling or sitting next to you on your RIGHT side, adjacent your pelvic region. Have them place the palm of the right hand on the top of the RIGHT thigh, just below the panty line, at an angle following the panty line. Begin with a gentle pressure, pressing straight down. Gradually increase the pressure to firm pressure. Press firmly enough to stretch the area, but not so much as to cause strong pain. Mild, sometimes called "good-pain" is normal with this stretch. The pressure should be held here for about 30 to 40 seconds.
6. The final stretch is for the LEFT pelvis. The same cylindrical towel roll is place under the LEFT "sit" bone (the bone you sit on at the bottom of the buttocks). To do so it is necessary to draw the right knee up toward the chest. Place the towel roll under that bone an inch or two. The towel should be wedged under that bone well enough, so that when you place your LEFT foot back down on the mat, you feel the towel pressing the bone up. The stretch relies on the towel roll to provide a wedge or fulcrum which helps to untwist the pelvis. Clasp both hands behind the LEFT knee to slowly, steadily draw the LEFT knee as close to the chest as possible, hold this for about 30 to 40 seconds.
7. It is best to limit the number of times these pelvic balancing techniques to no more than THREE times per week unless otherwise indicated.