

## Directions for balancing the pelvis– For a symptomatic RIGHT pronation

These exercises are critical to keeping your core balanced. Without a balanced core it is impossible to gain true core strength. Therefore, they should always be done prior to any other core strengthening exercises. As they are more important to your body than any other core strengthening exercises.

There are different exercises (or stretches) for the Left and the Right sides of the lower body. Please make sure you are doing the exercises on the correct side of the body as indicated on this handout. Unless doctor Crossman has indicated otherwise.

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

1. Begin laying face up on a carpeted floor, 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 carpet or mat.
2. Place the tennis ball in the low back region on the LEFT 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 right and elevating the LEFT side of your low back. Place the tennis ball with the LEFT hand or have someone else place it.

Roll on the tennis ball by lifting your buttocks high enough to allow for the movement of your pelvis and low enough on the ball to get a deep massage. 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 LEFT by shifting your pelvis to the right. Then, by bending the knees, roll the ball back down the outside of the same muscle to just above the pelvis. Shift your pelvis to the right. Now you are back to the original starting position. Repeat this circular type of movement a few times. Do this to your degree of tolerance, but do not punish yourself. Start out doing this for 30 seconds. Take a break for 30 seconds and repeat the exercise again for 30 seconds. Eventually build up to a minute, with a minute break in between. This self-massage is done twice during a session and is limited to three per week, maximum.

3. 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 six inches in diameter and eight inches in length. Laying face-up on a yoga mat, or folded blanket, elevate your pelvis, or roll to the right side, and place about four inches of the rolled towel under the top side of your LEFT buttocks, (just below the small of your back on the LEFT side). Bend the right knee with the foot flat on the mat and straighten the LEFT leg. You will need someone's help for the next step.

They should be kneeling or sitting next to you on your LEFT side, adjacent your pelvic region. Have them place the palm of the right hand on the top of the LEFT thigh, just below the brief 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. Take a break for the same amount of time and repeat once. This is done on the LEFT side only. It is best to limit the number of times these are done. They should be done no more than THREE times per week unless otherwise indicated.

4. Because of the inherent weakness caused by your right foot there is no limit on how often you can do the stretching and strengthening exercises on the RIGHT side ONLY.

5. The stretch for the RIGHT side is done laying on your back with both knees bent. Draw the right knee toward the chest and clasp behind the RIGHT knee with both hands. Hold this stretch for about 30 seconds and repeat several times.

6. Finally, there are two strengthening exercises for the RIGHT hip. The first can be done in bed, before you get up in the morning. Laying on your back bend both knees. Bring your RIGHT knee toward your chest and clasp behind the knee with both hands. Hold your knee in this position while at the same time trying to straighten the leg. This requires you to use your arm muscles to resist the straightening. You are using your arms, legs and hip muscles all at the same time. Hold this for 3 seconds and repeat 10 times.

A variation of this exercise is done standing. Place your RIGHT foot on to a chair, bench or stairway. The toes of your left foot should be no more than 5 inches behind your right heel. The inside edge of your feet should be no more than 5 inches apart. Your right foot should be no higher than your left knee. Leaning forward on to your RIGHT foot– allow the right knee to go past the tip of the right toes. Then push back until your lower leg is straight up (90 degrees). Do at least 10 repetitions of this modified leg press. You can do as many sets of 10 a day as you would like. There is no limit on the number of sets or on how often you can do them. Only do these on the RIGHT side.