

Releasing Joint Restrictions: © Loraine Lovejoy-Evans, MPT, DPT

Pelvis Inside [PI]

For: Back Pain, hip and leg pain.

2X/day check RI on both right and left sides. Treat worst RI first.

Restriction Indicator (RI):

Lay on back with knees straight or stand. With hand at belly button move toward inside of hip bone about 45 degrees away from belly button. Push on inside of pelvis bone pushing toward the hip. Check both sides. Treat worst one first.



Movement Combination:

1. Bend both knees (one at a time)
2. Drop bent knees away from RI-tender point.
3. Put 1-2 pillows under knees if needed.
4. Slide top leg up onto bottom leg to get more bend at the hip.

Alternate Movement Combination:

1. In sitting bring feet up onto stool or couch/recliner
2. Drop both bent knees away from RI side
3. May need to bring top leg closer to chest
4. Try doing this with the foot on the chair-bringing the knee across the body away from the RI.



Recheck RI in same direction with same amount of pressure. Find best position of the legs that reduces the RI as close to 0/10 as possible. If RI has turned down or off completely, stay in position for 90 seconds without moving. Maintain contact with RI but stop pressing. Recheck RI every 30-45 seconds - if no improvement try changing position until RI reduced and restart clock for 90 seconds. Slowly return to neutral. Recheck RI with legs flat or in standing.