

Releasing Joint Restrictions:

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Pubic Bone Top inside [PBTI]

For: Back and hip pain

2X/day check both right and left sides of pubic bone.

Treat worst points first.

Restriction Indicator (RI):

Lay on your back with knees straight or stand. Find pubic bone and move up toward shoulder to top edge of bone. Move off from middle about ½"; Push on top of bone down toward feet.



Movement Combination:

Pull knee of tender side to chest – OK to bend both knees and put foot of RI onto opposite bent knee to hold foot toward chest.

Or **lay on side and pull knee up to chest.**

Alternate Movement Combination:



In sitting, pull knee up toward chest Bring shoulders toward knee



Alternate Movement Combination:

In standing put foot on chair and bring head toward ankle

Recheck RI in same direction with same amount of pressure. Find position of the knee that reduces the RI completely or as close to 0/10 as possible. Stay in this position for 90 seconds without moving. Maintain contact with specific RI but stop pressing. Recheck RI every 30-45 seconds -if RI not released, try slightly different position and restart the clock for 90 more seconds. Slowly return to neutral and recheck RI when out straight.