

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

Front of Pubic Bone [PF]

For: Back, neck, shoulder, hip, knee, and ankle pain

2X/day check both right and left sides of pubic bone.
Treat worst points first.

Restriction Indicator (RI):

Stand or lay on back with knees straight. Check both R&L sides:

- Front of the pubic bone push straight into body-toward back.
- 2 inches above the pubic bone pushing into body.

Use these movement combinations moving only as far as needed to resolve the RI:



Movement Combination:

1. Lay on back
2. Bend both knees (one at a time).
3. Drop bent knees toward side of RI.
4. Slide top leg up closer to chest.

Alternate Movement Combination:

1. Gently turn onto side with RI toward bed.
2. Bring both knees toward chest.



Alternate Movement Combination:

1. Sit with feet pulled up onto stool or recliner/couch
2. Drop bent knees toward RI side
3. May need to pull top leg up onto bottom leg - bringing that knee closer to the chest
4. Instead of knees up try bending shoulders toward knees and find position of trunk tilting to one side.
5. Try standing with foot on chair with foot of RI on chair and knee out to the side-then lean body away from knee.



Recheck RI in same direction with same amount of pressure. Continue to change position slightly and check RI with each position change until you find the position of the body 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 tender point but stop pressing. Recheck RI every 30-45 seconds - if RI still sharp, try slightly different position and restart the clock for 90 more seconds. Slowly return to neutral and recheck RI. If you are unable to locate the RI try position anyway for 90 seconds. Pay attention to any change of symptoms and use this position as often as needed to keep symptoms controlled.