

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

Pubic Bone Top Outside [PBTO]

For: Back, hip, knee, ankle pain

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

RESTRICTION INDICATOR (RI):

Lying flat on back or standing straight, find pubic bone and slide to the top edge toward shoulder. Move away from the center of this bone toward the hip about 1-2 inches. Push directing from shoulders toward feet (not on the front of the bone).



Movement Combination:

1. Lay on bed on back with RI leg hanging off edge of bed.
2. May need to scoot closer to edge of bed to let knee hang below buttock.



Alternate Movement

Combinations: Hold onto chair, wall or counter in standing with leg of RI side about 2 feet behind the opposite leg and lean backward at shoulders. Find position of leg turning toes in or out until RI resolved. May also need to tilt in trunk to one side or the other

Recheck RI in same direction with same amount of pressure. Find position of the leg that reduces the RI completely or as close to 0/10 as possible. Stay in this position for 90 seconds without moving. Do not remove finger from tender point 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.