

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

Side of Pubic Bone [SPUB]

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

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

Restriction Indicator (RI):

Lay flat on back with knees straight or stand. Start with your finger in the middle of the crease at the front of the hip or find the pubic bone of the pelvis which is the lowest bone at the front of the body and move along the bone to the top outside edge. Push deeply into the body toward your back and then sharply turn your finger to push against the side edge poking toward opposite hip, digging under the ligament. Look for the sharpest RI on the side edge of the bone.



Movement Combination:

- Bend knee of tender point side
- Put foot out to the side
- Drop bent knee toward opposite knee

Alternate Movement Combination:

- Lay on couch with foot on back of Couch-drop knee in.



Alternate Movement Combination:

- Seated in chair-put foot out to side 10-12" with toes facing forward resting

inside foot on ground. Drop knee in toward opposite leg. You may need to bend forward at hips bringing shoulders to knee. May stand with foot of RI side on chair holding onto back of chair, drop bent knee toward other foot and bring shoulders toward ankle on chair.



Recheck RI in same direction with same amount of pressure. Change position a little at a time and check RI with each change until you find position of the body that reduces the RI as much as possible. Stay in this position for 90 seconds without moving. Keep your finger marking the RI but stop putting any pressure on this. Recheck RI every 30-45 seconds - if RI still very tender, try to find the position that resolves the tenderness. Then restart the clock for 90 more seconds. Slowly return to neutral and recheck RI with the body straight. Treat next worst RI. If you cannot find RI-do seated position anyway. Pay attention to any change in symptoms (i.e. shoulder pain) with this position-if it makes you feel better use as often as needed to keep you comfortable.

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