

Releasing Joint Restrictions:

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Pelvis Bowl [PB]

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 flat on back with knees straight or stand.

Locate belly button and move toward front of hip half way.

Move 2 inches down and 2 inches out to the side from belly button; push straight into abdomen pushing toward back.



Movement Combination:

Lay on back on bed or recliner with feet propped

up on several pillows or short stool with ankles crossed and knees falling out to sides. May lay on floor and put ankles

over bed or couch.

OR bend both knees and put the ankle of the RI side on the other leg and let that knee fall out to the side while lying on back.



Alternate Movement Combination:

In sitting, cross ankle of RI side onto opposite knee and let knee fall out to the side. Bend forward at hips if needed.



Alternate Movement Combination:

In standing rest outside of bent leg on tall chair or counter and bend forward at hips.



Recheck RI in same direction with same amount of pressure. If RI has turned down or off completely, stay in position for 90 seconds without moving. Maintain contact with the 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.