

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

Side of Pelvis [PS]

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):

Lay flat on back with knees straight or stand.

Start at the middle of the thigh just below the crease of the groin.

Push into the tissue to get closer to the bone

Pull up toward the shoulders until you hit something firm.

This is the pelvic bone. Check for sore spots on the under side of this bone.

Also check for sore spots on the outside of this bone pushing in toward center of the body.

Check both right and left sides and treat worst one first.



Movement Combination:

1. Bend both knees one at a time
2. Walk feet away from RI
3. Ear & shoulder away from RI
4. Turn chin toward RI.
5. Drop Bent knees toward RI

Alternate Movement Combination:

1. Put foot of RI side on a chair
2. Cross foot in front of body
3. Drop knee out to side
4. Bend body forward



Recheck RI in same direction with same amount of pressure. Find position 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 not released, try a slightly different position and restart the clock for 90 more seconds. Slowly return to and recheck RI with the body straight. Treat next worst RI.