

Pelvic Clock®

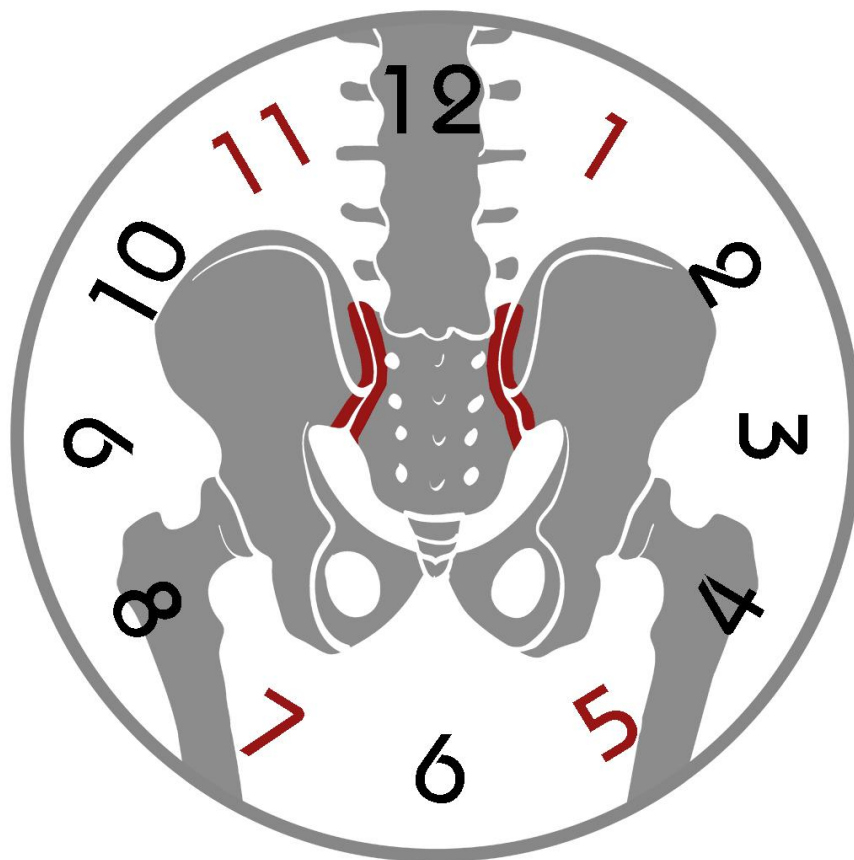
Exercises for SI Joint



Sacroiliac Joints:

A pair of joints between the sacrum and the ilium. They can become inflamed, causing pain in the lower back and buttocks.

Sacroiliac joints are located at the **1** o'clock and **11** o'clock markers. Diagonal tilting of the pelvis is a very effective way to address SI joint instability.



The Pelvic Clock® Exercise Device is for people dedicated to pursuing a regular exercise program to treat their chronic lower back pain and other related conditions.

Some people feel the effects of using the Pelvic Clock® device right away, especially after a long day of sitting. However, please keep in mind that it is not a one-off effort and in order to get the full benefits, you need to make pelvic clock exercises part of your daily regimen.

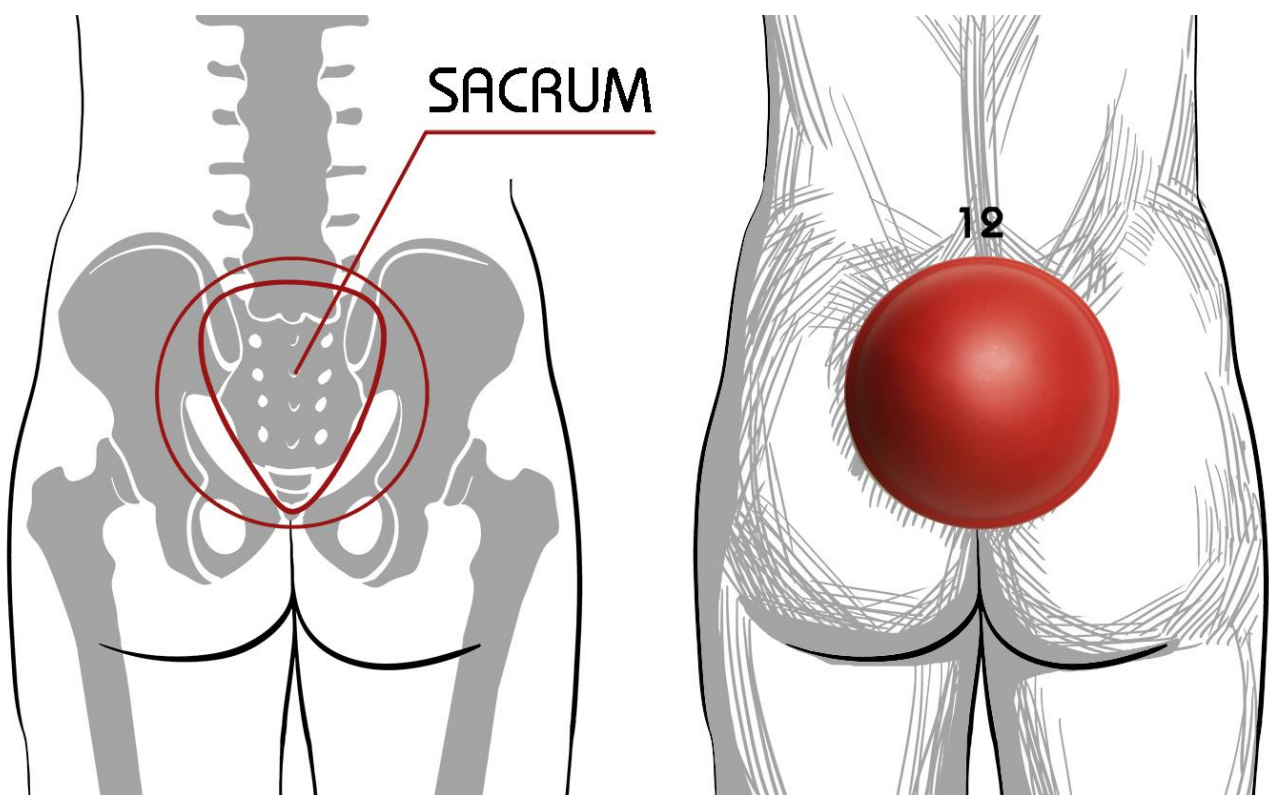
TIPS:

1. Start at a slow pace. Take time to build up your exercise routine. Take your time to stretch and decompress.
2. Listen to your body. When you are looking for pain relief, your own intuition and common sense can be very helpful. You need to find the direction of the movement that reduces your pain. If tilting your pelvis in one direction increases your pain, tilt it in the opposite direction.
3. If you are experiencing pain, stop your practice. Ice your lower back for 15 minutes, and give it a little rest.
4. Always exercise within your own limits. Gradually increase your range of motion until you are pain free.
5. In the first 2 weeks of your practice, you might want to use a small towel on top of the device for extra padding.
6. If your mobility is limited, start exercising on the bed or massage table. The soft surface will reduce the height of the device.

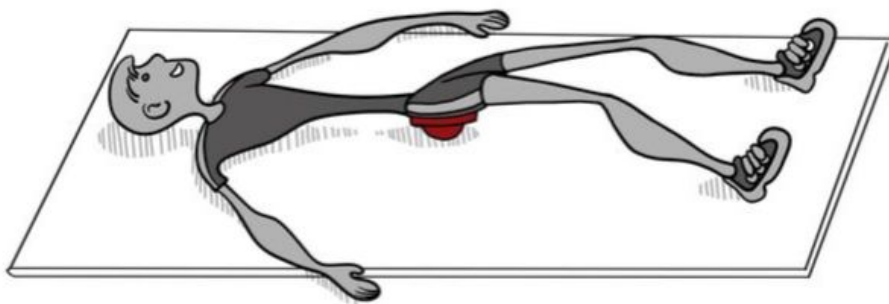
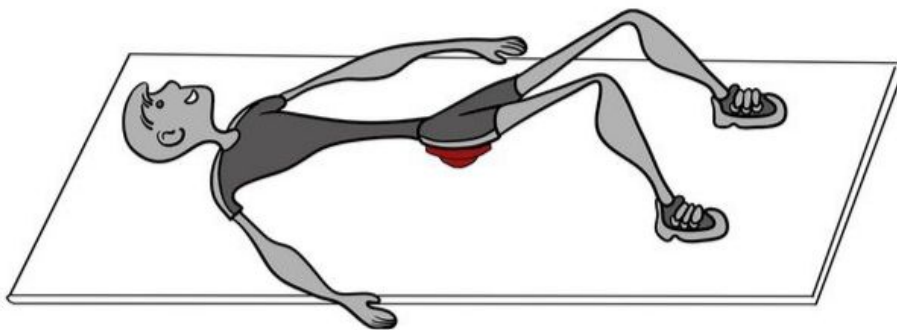
How to Set Up For Exercises

Lie on your back with your knees bent and feet flat on the mat (this is called the semi-supine position). The feet should be hip distance apart.

Lift your pelvis about 1 to 3 inches off the floor. Then, place the device below your sacrum, between your sacrum and the floor. Lower your pelvis, and your sacrum should be sitting in the recess of the flat upper surface. The convex lower surface of the device stays in contact with the floor. Point the 12 o'clock marker on the device toward your head.

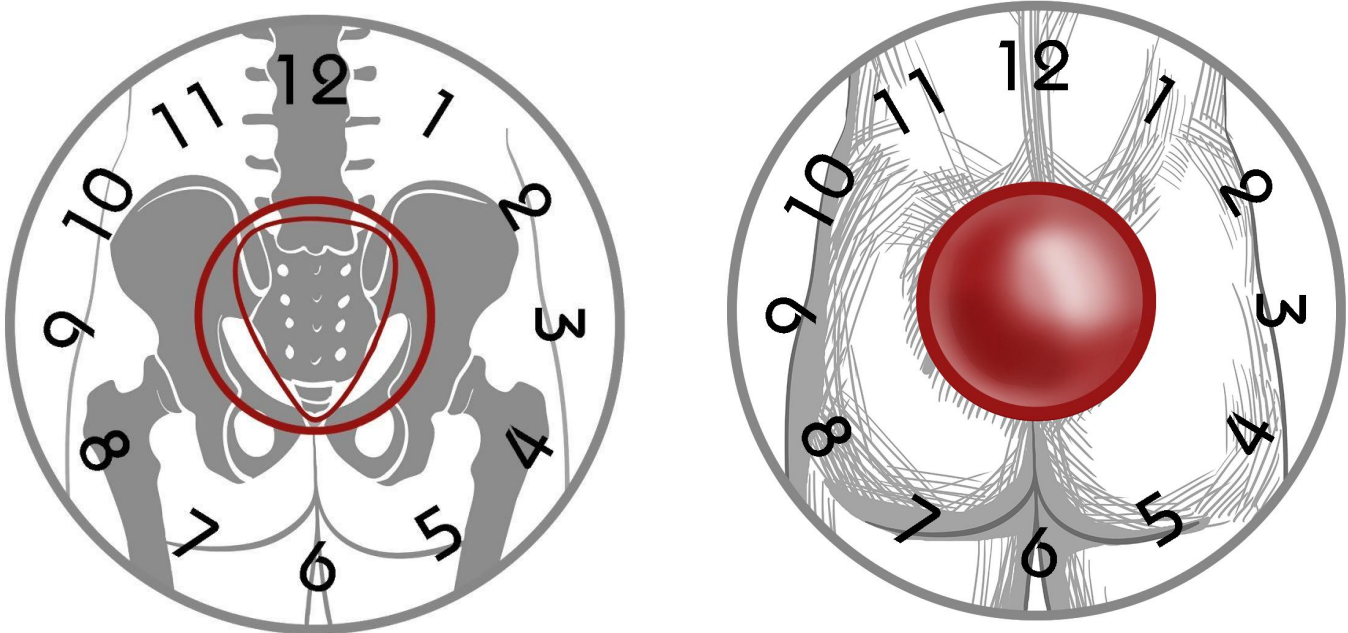


Once you have the device in position, you can just relax on it for a minute or two. Stretch out your legs on the mat or try rocking side to side.



Exercise Patterns

In each exercise, your pelvis will follow a different pattern, using the numbers of the clock as a guide.



Duration of Exercises

Aim to repeat each exercise 10 to 20 times. The number of repetitions and length of practice will vary for each person, depending on factors such as affected side, physical condition, age, gender, and degree of pain. The goal is to perform all of these exercises within a range of motion that does not increase your pain, and with the expectation that the device will help you to gradually increase your range of motion until you are pain free.

Pelvic Clock®

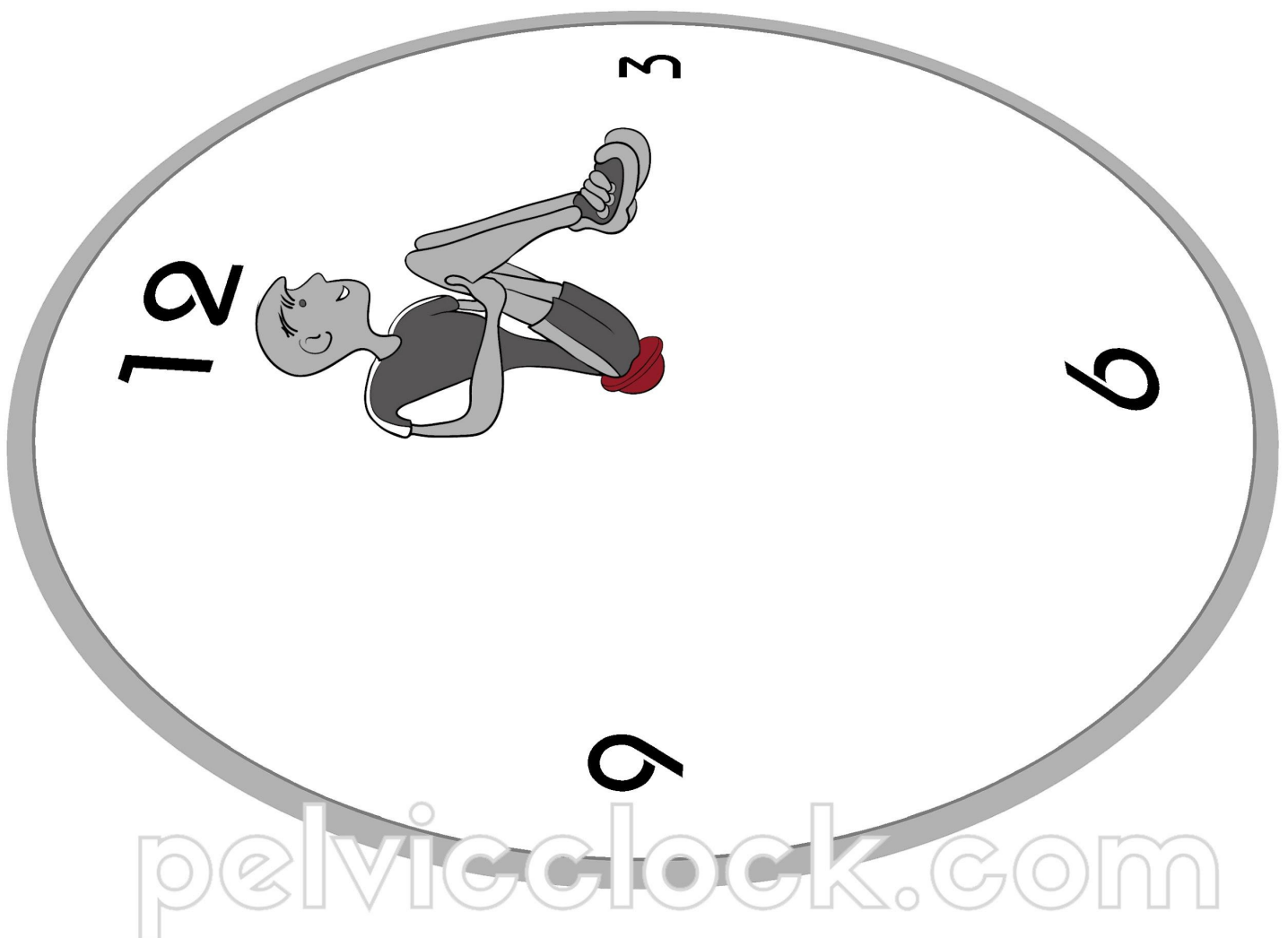
Stretches

Knees-to-Chest Stretch

Pull your knees toward your chest.

The muscles on one side of your lower back (QL muscle) might feel tighter.

Slowly rock your pelvis in different directions until your QL muscles have loosened up, and both knees get closer to your chest.



Knee-to-Chest Stretch

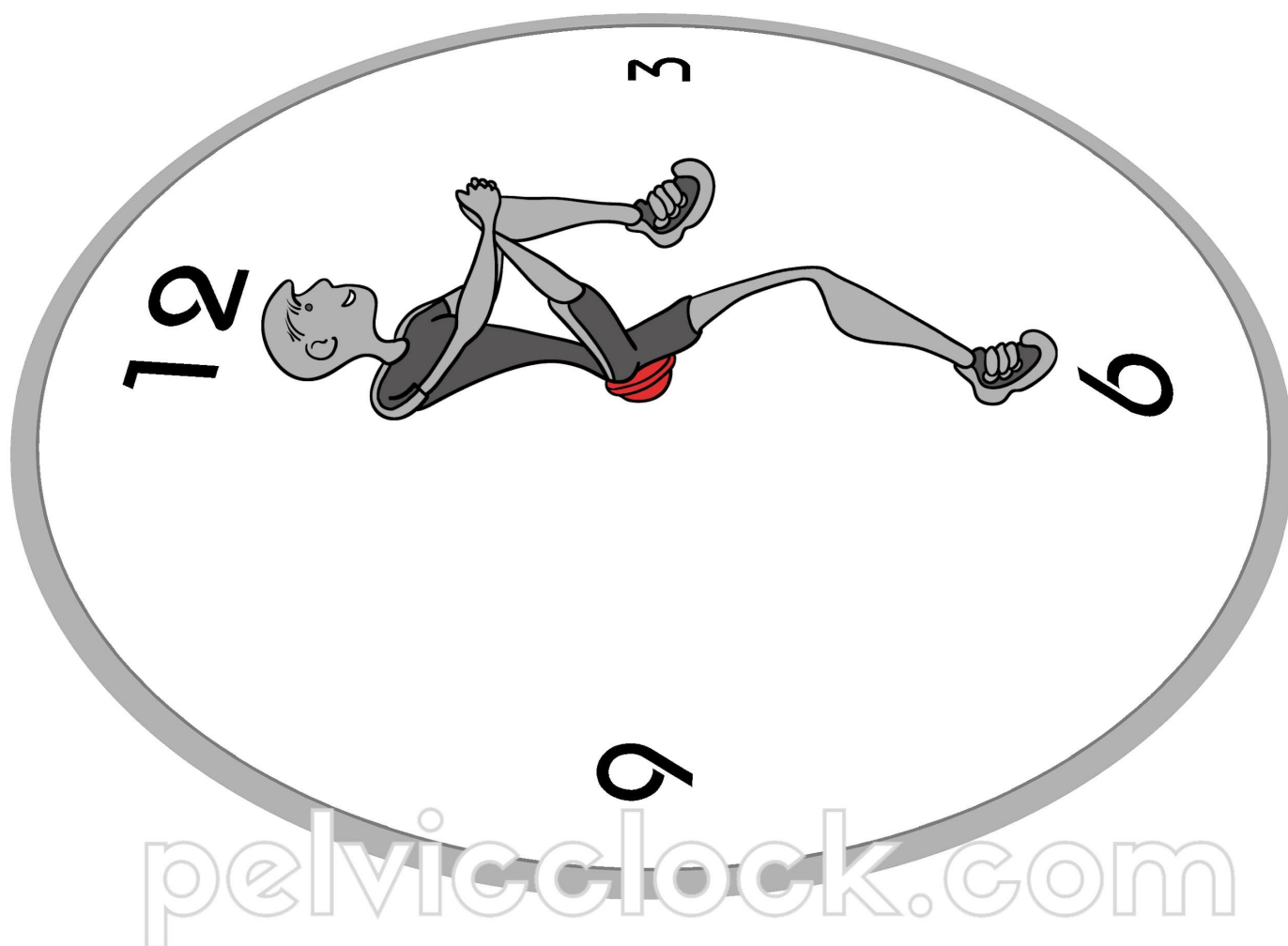
Pull your **right** knee toward your chest. Stretch your left leg and relax.

Slowly rock your pelvis in different directions for 30+ seconds.

Then repeat this stretch with your **left** knee.

Try to straighten the leg on the floor. You'll feel pulling in the groin (hip flexor.) Compare the two sides.

Repeat this stretch again for the tighter side.



Exercise "6-1-6-11"

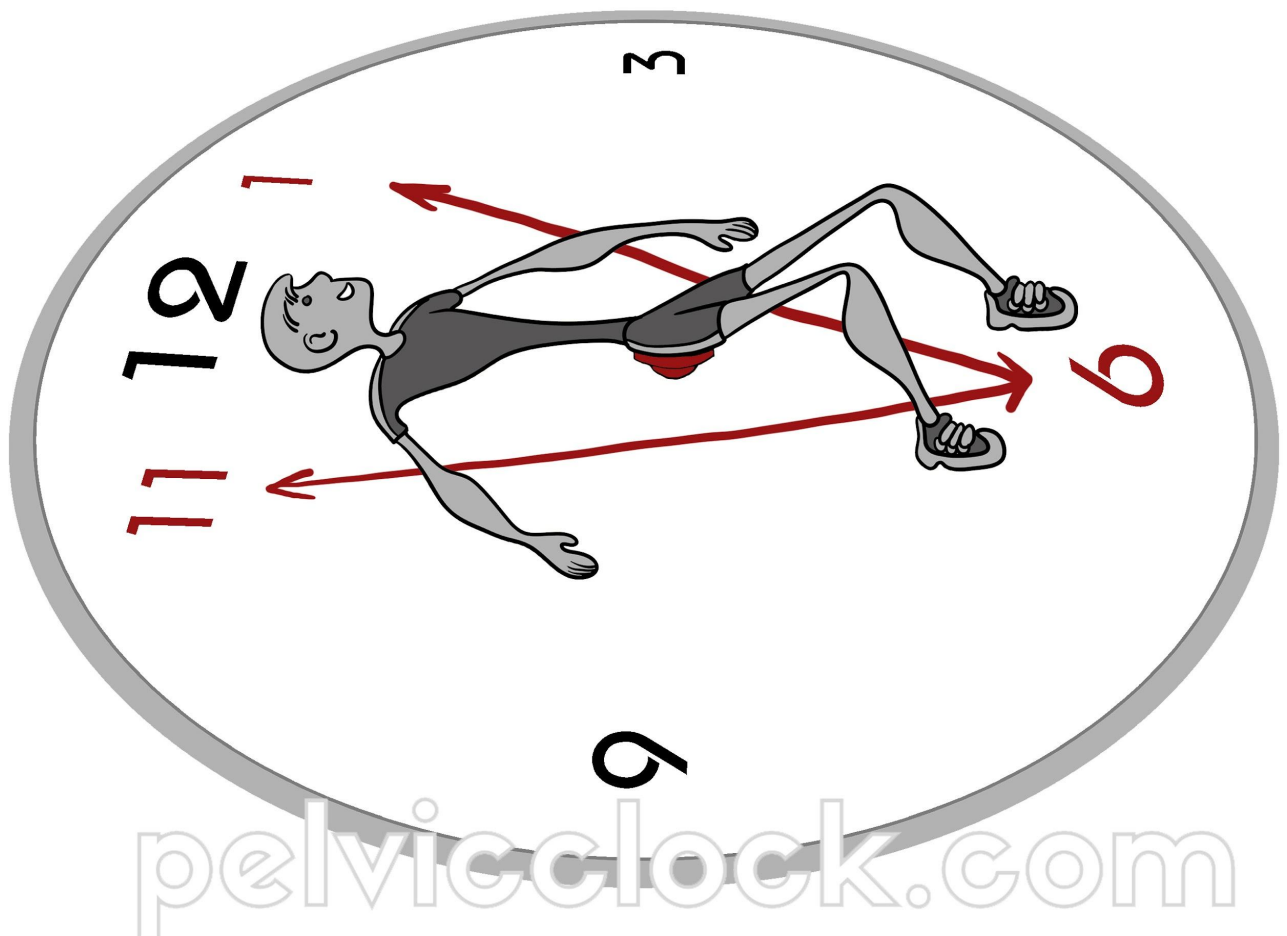
Slowly rock forward and back following **6-1-6-11** pattern.

6 -1 Tilt forward toward the **6** o'clock marker, then lean back toward **1** o'clock (a back-left tilt).

6- 11 Tilt forward toward the **6** o'clock marker, then lean back toward **11** o'clock (a back-right tilt).

Repeat 10 times.

Compare the two sides. Hold stretches on the tighter side for 15-30 seconds.

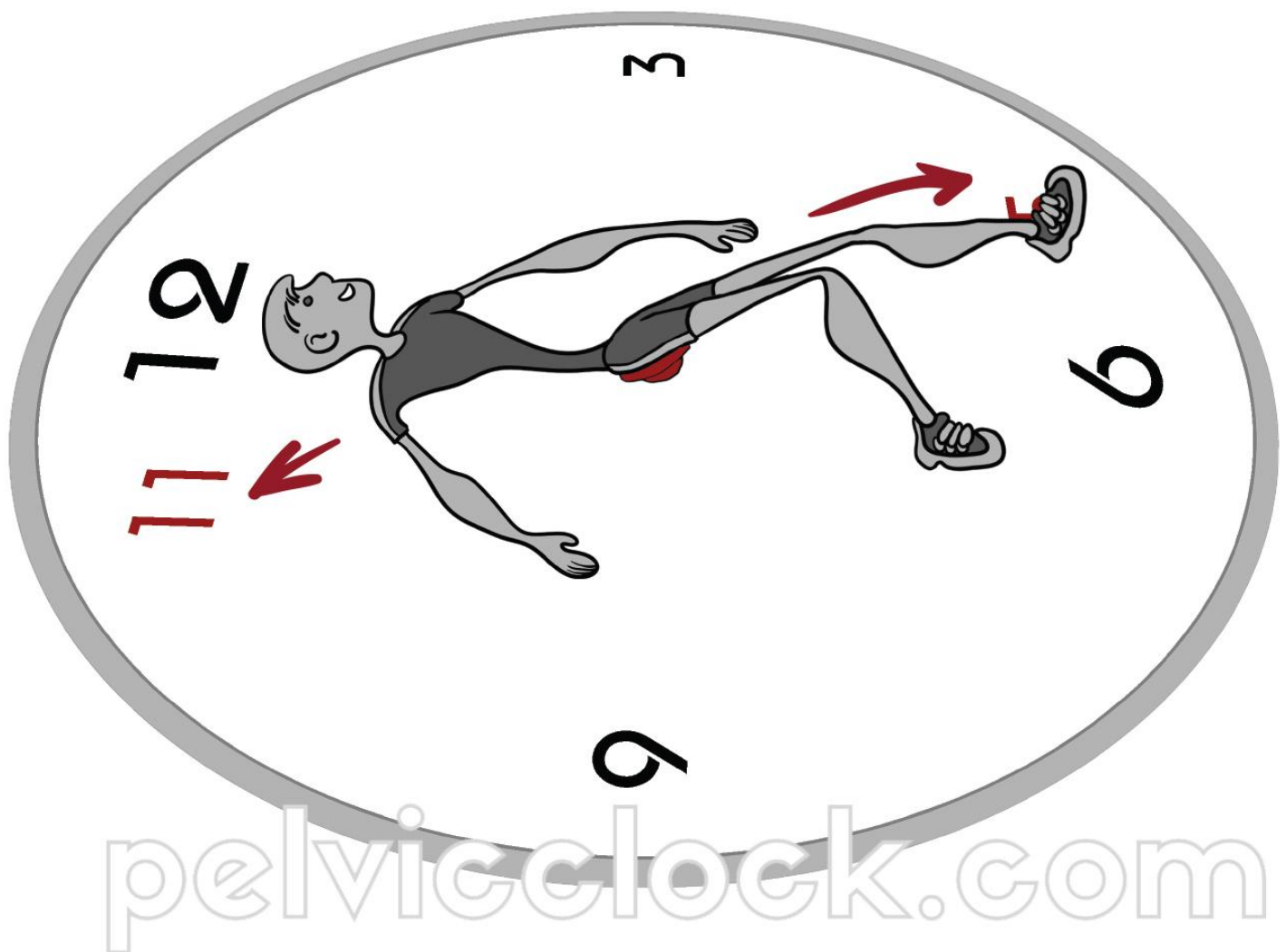


Exercise "5-11"

Stretch your left leg and slide it a few inches toward the **5** o'clock marker (a forward-left tilt).

Drop your right ribs toward **11** o'clock (a back-right tilt) and "CRUNCH" the **right** side of your stomach.

Repeat 10 times.

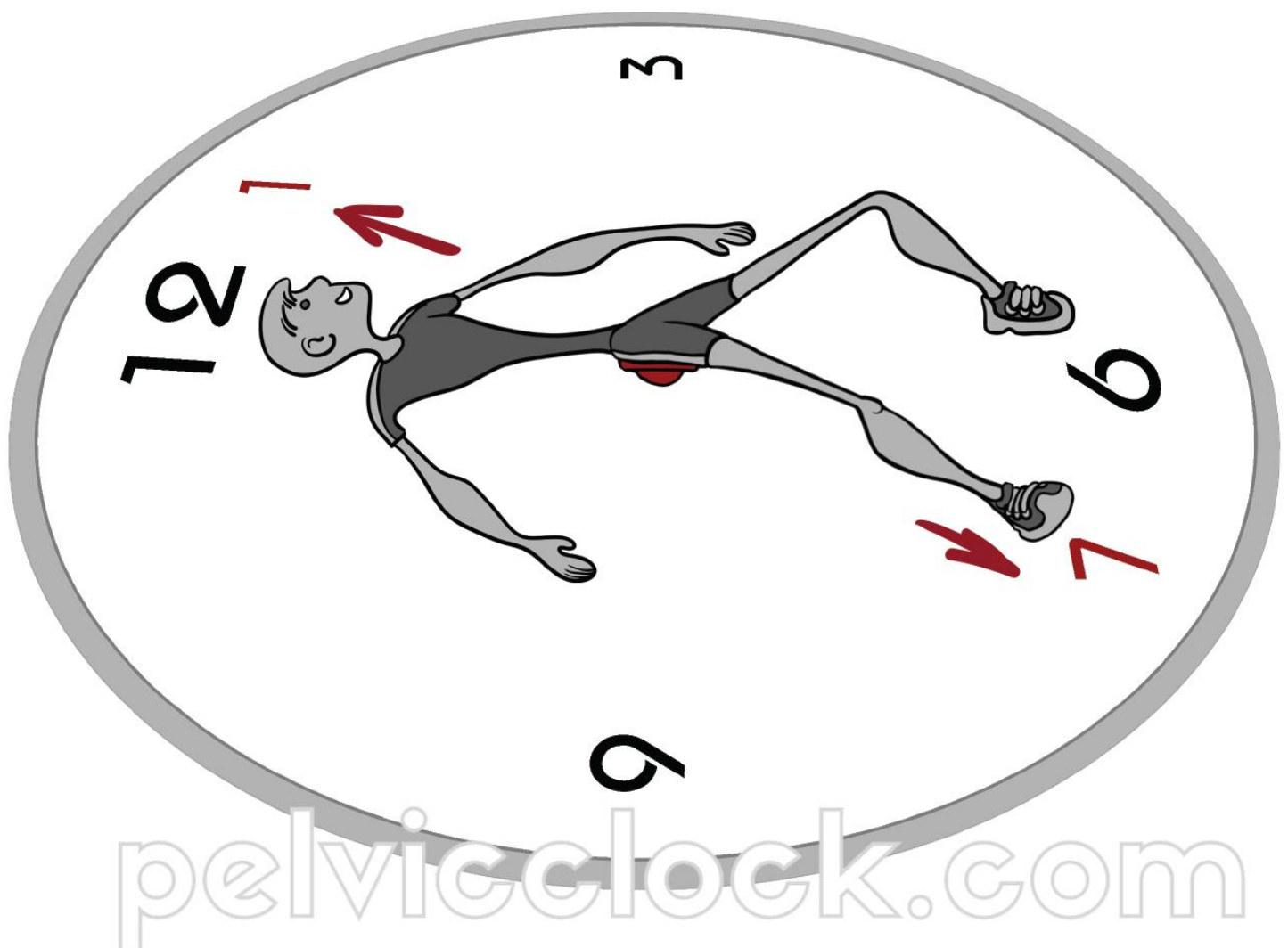


Exercise "1-7"

Stretch your right leg and slide it a few inches toward the **7** o'clock marker (a forward-right tilt).

Drop your left ribs toward **1** o'clock (a back-left tilt) and "CRUNCH" the **left** side of your stomach.

Repeat 10 times.



Compare the two
sides.

Double the number of
repetitions for the
tighter side.

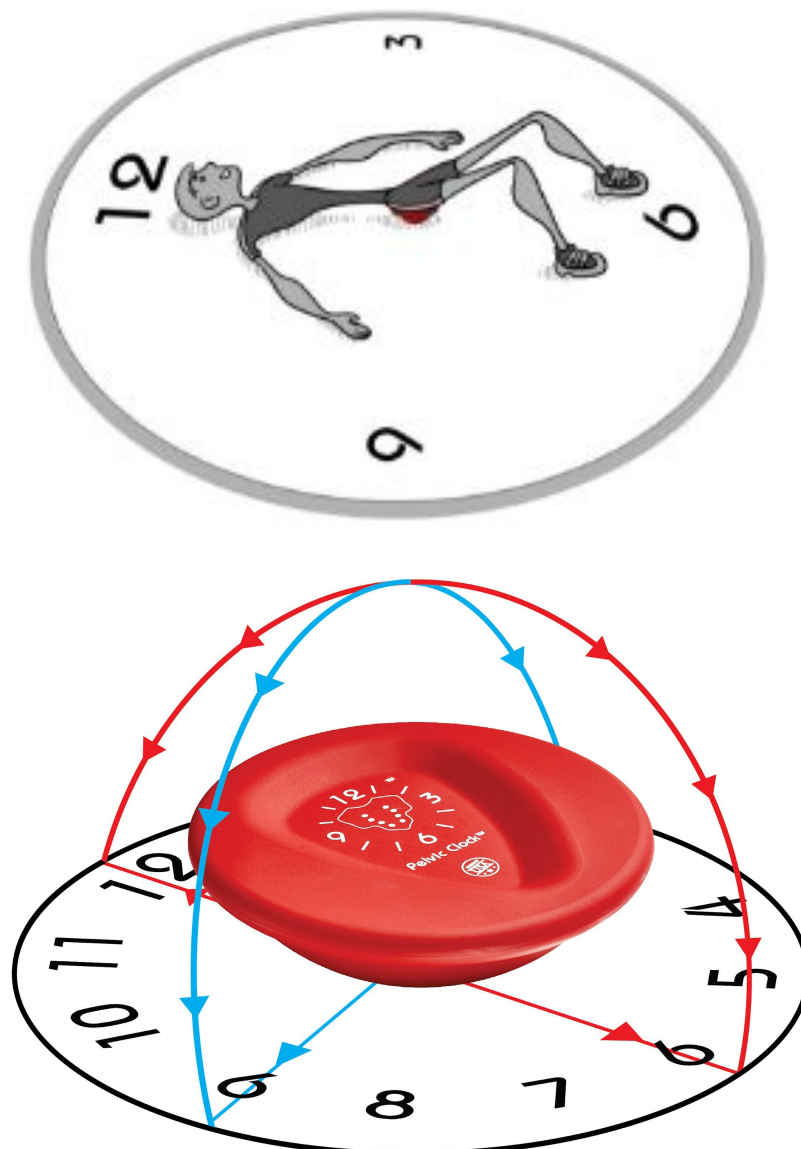
Pelvic Clock®

Core Stability Exercises

Find a Neutral Pelvis Position

Before you start with Pelvic Clock® Core Stability exercises, you should find your Neutral Pelvis Position where your pelvis is neither rotated nor tilted forward, back, or sideways.

Take five deep breaths, as you balance in this position, keeping the flat surface of the device perfectly parallel to the floor.



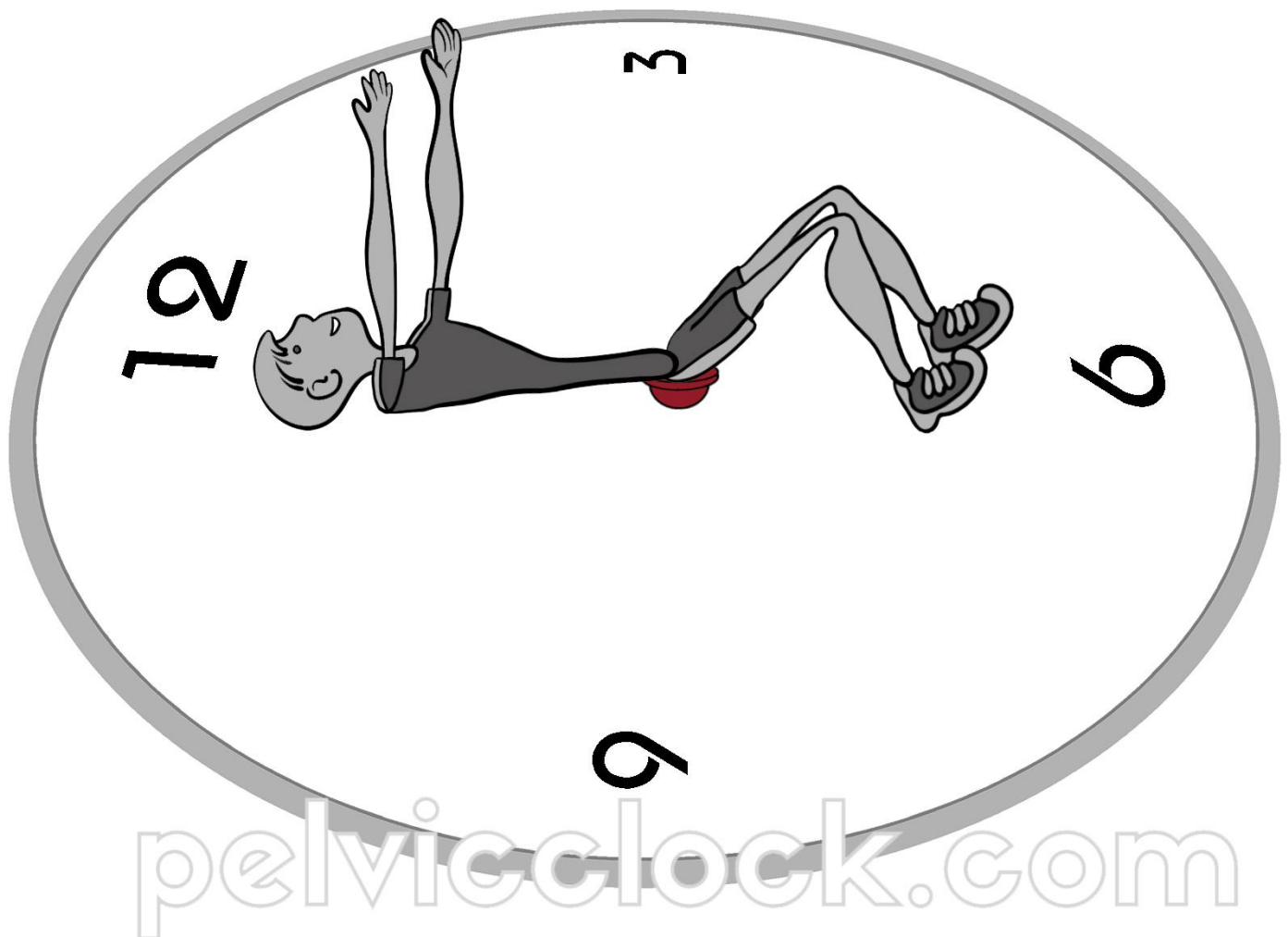
Balance on Heels

Stretch your arms up. Hands aligned with shoulders.

Lift the soles of your feet up and try to balance on your heels.

Take five deep breaths, as you balance in this position, keeping the flat surface of the device perfectly parallel to the floor.

Repeat 5 times.



Balance on One Heel

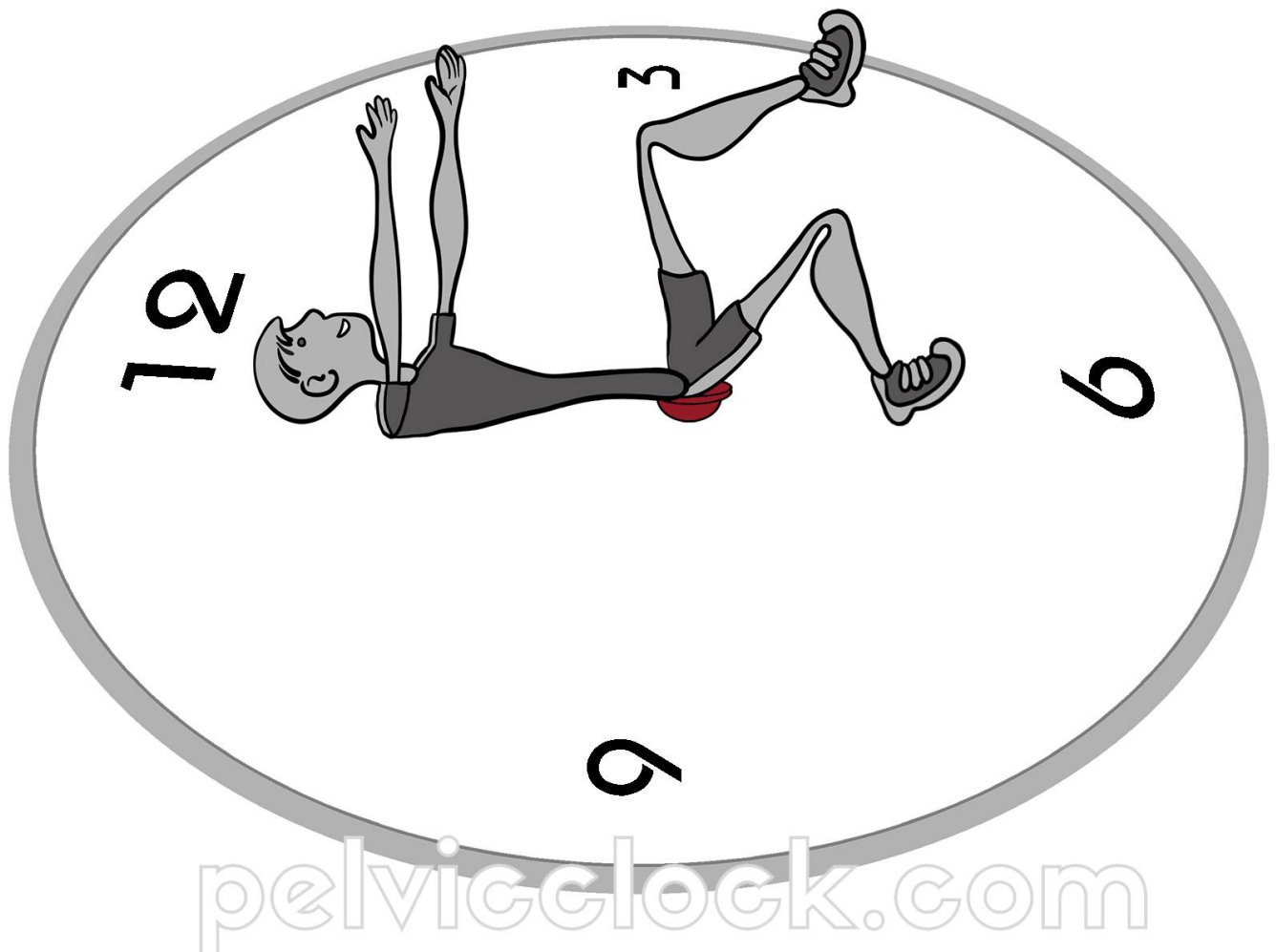
Stretch your arms up. Hands aligned with shoulders.

Lift the soles of your feet up and balance on your heels, keeping the flat surface of the device perfectly parallel to the floor.

Lift your right leg up and bend the right knee at a 90 degree angle. Take five deep breaths, as you balance in this position.

Lift your left leg up and bend the left knee at a 90 degree angle. Take five deep breaths, as you balance in this position.

Repeat 5 times.



Compare the two
sides.

Double the number of
repetitions for the
weaker side.

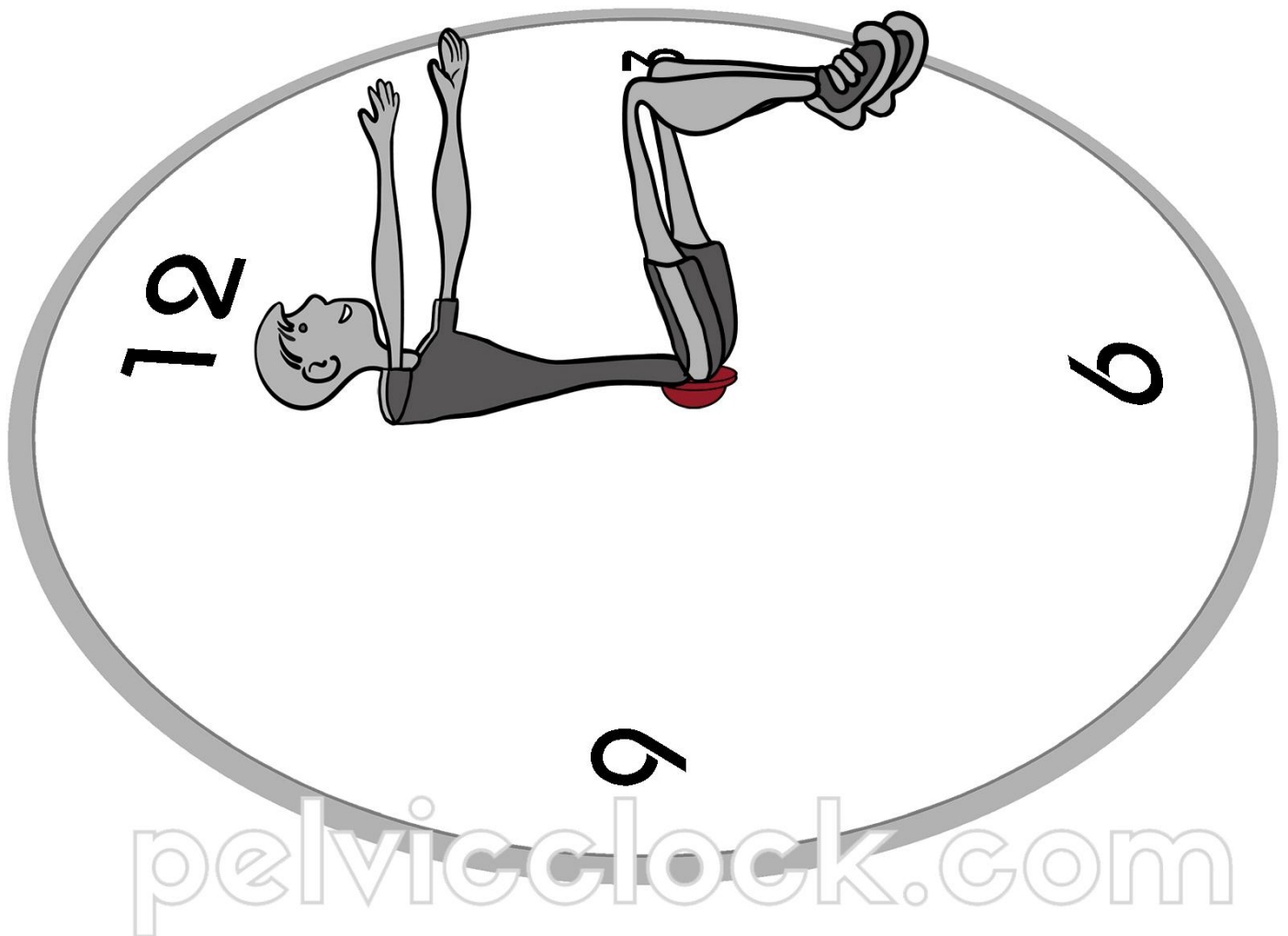
Dead Bug

Lift legs up in the air with your knees bent at a 90 degree angle.

Stretch your arms upwards. Hands aligned with your shoulders.

Take 5 deep breaths, as you balance in this position, keeping the flat surface of the device perfectly parallel to the floor.

Repeat 5 times.



Dead Bug Moving Legs

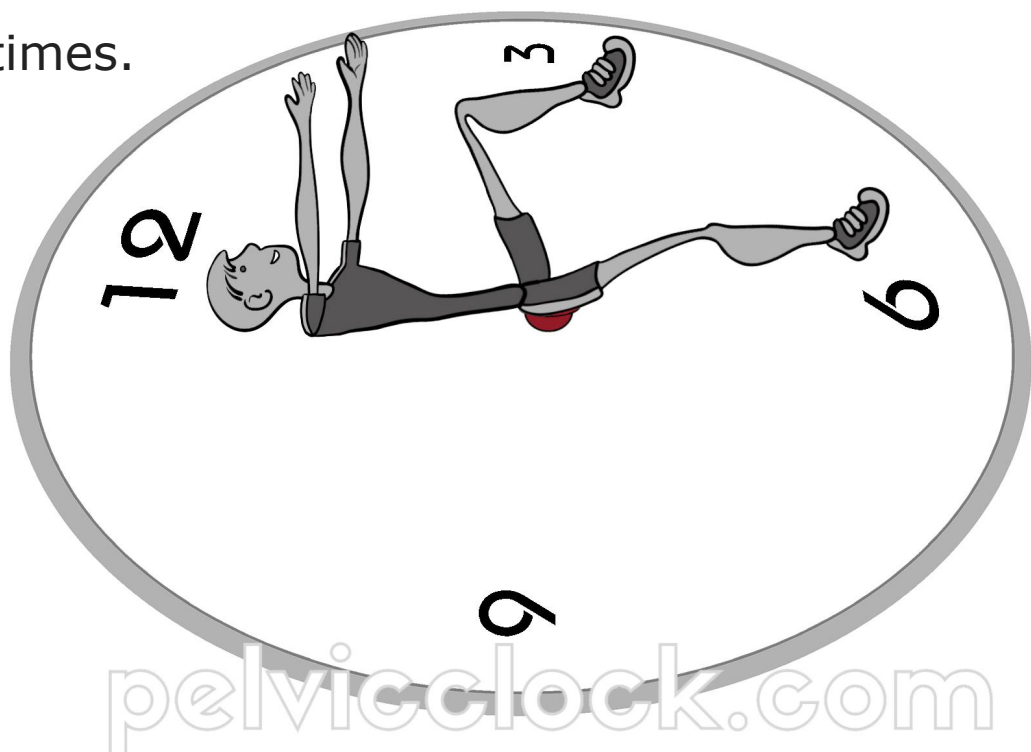
Lift your legs up in the air with the knees bent at a 90 degree angle.

Stretch your arms upwards. Hands aligned with shoulders. Balance in this position for a few seconds, keeping the flat surface of the device perfectly parallel to the floor.

Stretch your right leg forward towards the **6** o'clock marker. Keep the leg in the air parallel to the floor. Take 5 deep breaths, as you balance in this position.

Stretch your left leg forward towards the **6** o'clock marker. Keep the leg in the air parallel to the floor. Take 5 deep breaths, as you balance in this position.

Repeat 5 times.



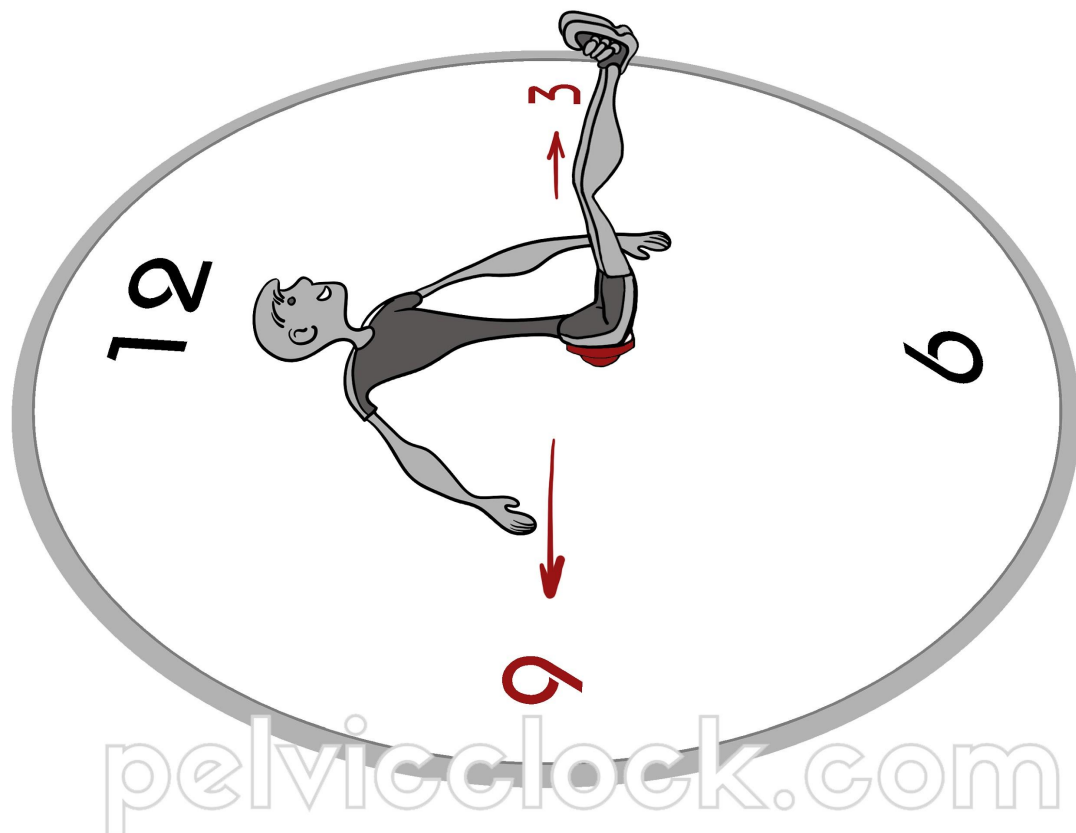
Exercise "3-9" with legs up

Get into position with your legs stretched upward; your knees can be slightly bent. Open your arms wide and lay them flat on the floor to anchor yourself.

Tilt your hips toward the **3** o'clock marker and lower your legs 20 degrees to the left. Balance in this position for a few seconds before bringing your legs back up to center.

Now tilt your hips toward the **9** o'clock marker and lower your legs 20 degrees to the right. Balance in this position for a few seconds before bringing your legs back up to center.

Repeat 10 times on each side.



Dead Bug Moving Legs Diagonally

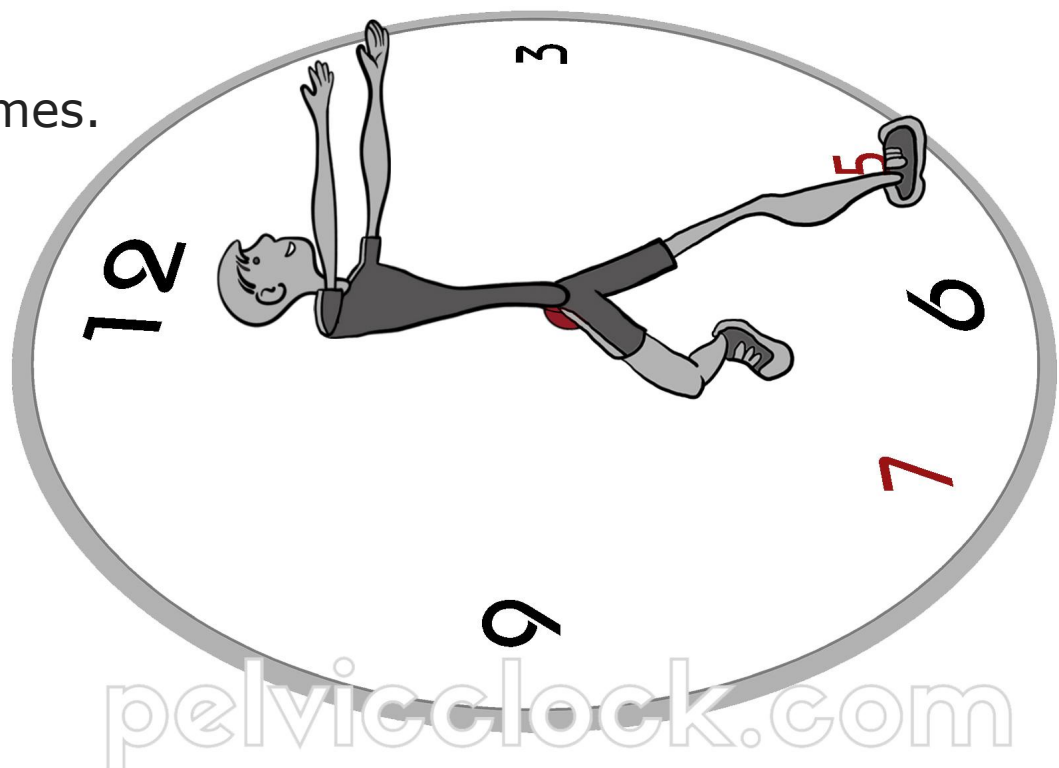
Lift your legs up in the air with slightly bent knees.

Stretch your arms upwards. Hands aligned with shoulders. Balance in this position for a few seconds, keeping the flat surface of the device perfectly parallel to the floor.

Stretch your right leg forward to the right towards the **7** o'clock marker. Keep the leg in the air parallel to the floor. Take 5 deep breaths, as you balance in this position.

Stretch your left leg forward the left towards the **5** o'clock marker. Keep the leg in the air parallel to the floor. Take 5 deep breaths, as you balance in this position.

Repeat 5 times.



Bridge for Gluteus Medius

Lie down with your knees bent. Place the flat surface of the Pelvic Clock® Exercise Device on the floor between your feet.

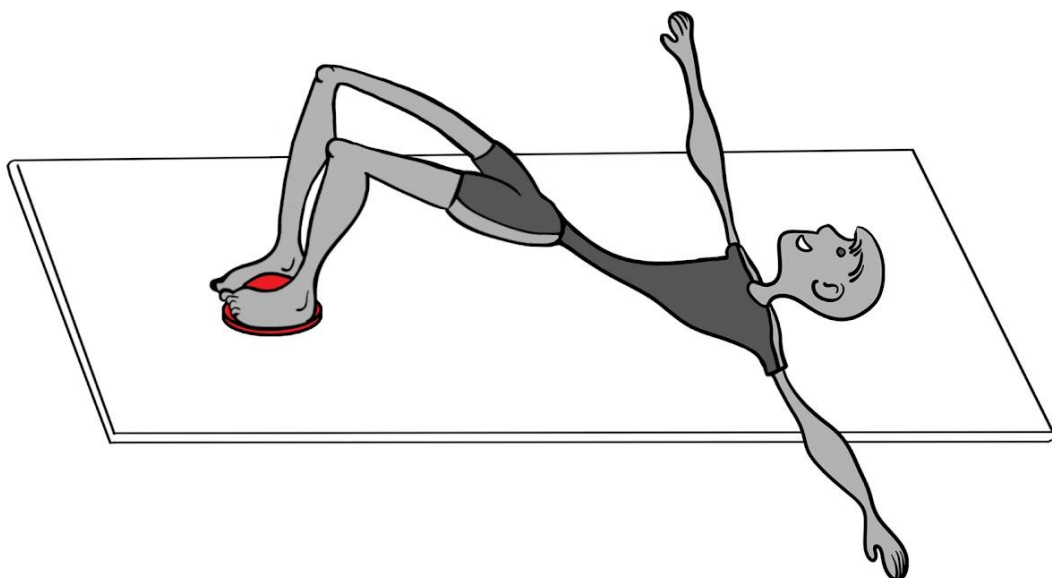
Turn the soles of your feet inward and wrap them around the round surface of the device.

Mimic squeezing a huge orthotic arch support between your feet.

Keep your knees apart with your weight on the outer sides of your feet.

Lift your pelvis off the floor. Hold the bridge for 5 seconds. Return to the starting position.

Repeat 10-20 times



SI Joint Stabilization Muscles

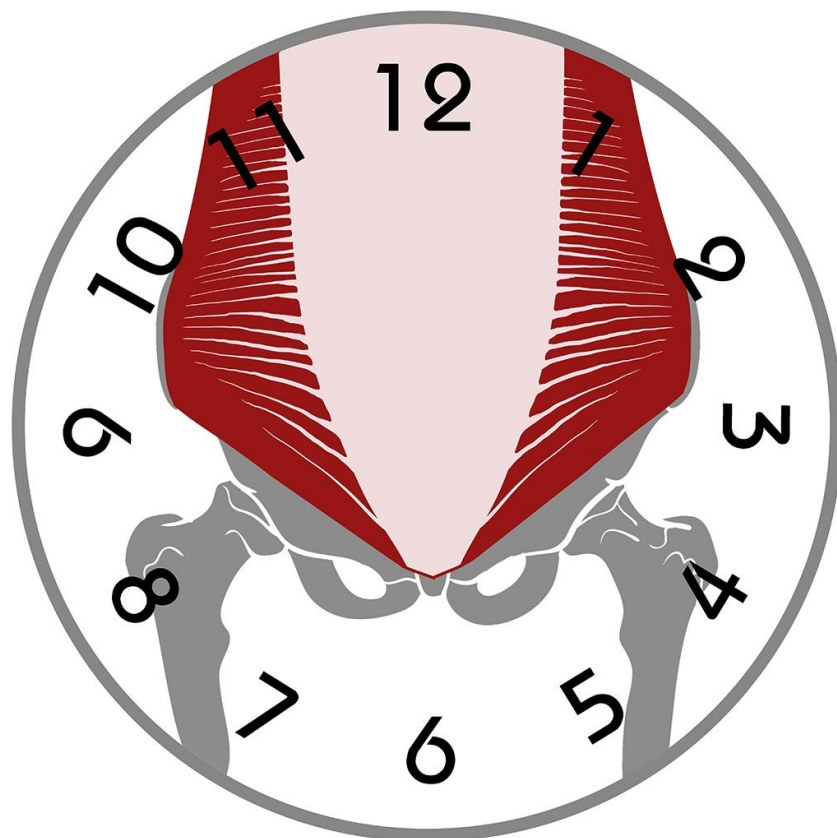
There are **35 muscles** that provide stability to the pelvis and SI joints.

All of them are attached to the sacrum or hip bones.

The Pelvic Clock® workout targets deep, hard to reach muscles.

The **transverse abdominis** is the **deepest** of the **abdominal** muscles, a stabilizer of the pelvis and lumbar spine.

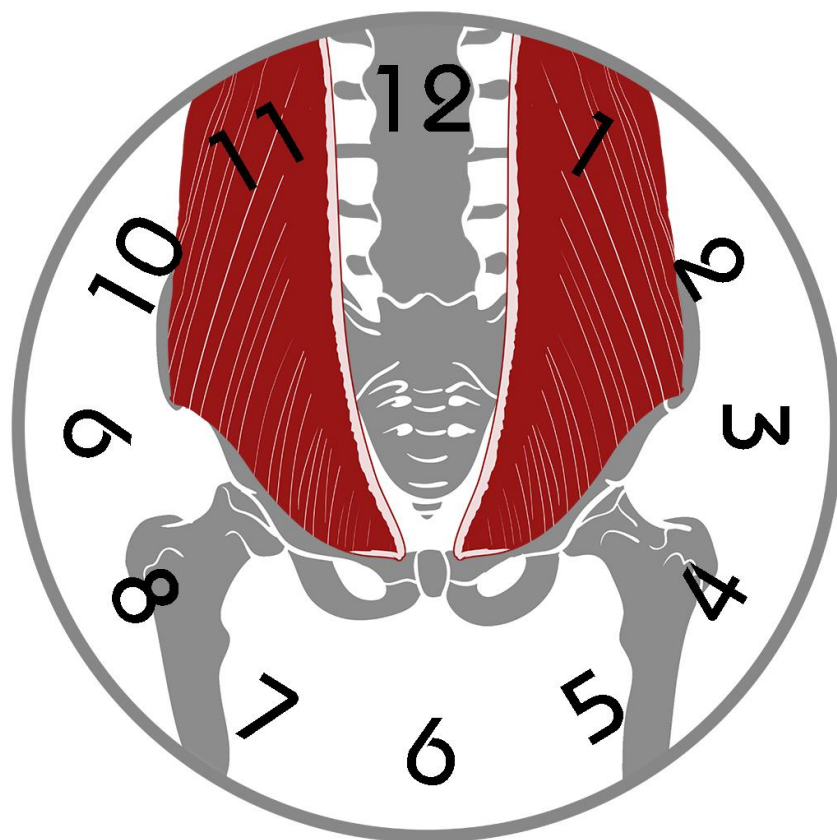
Inactive Transversus Abdominis is associated SI joint instability.



Internal Oblique muscles participate in the expiration, rotation and sidebending of the trunk.

Weakness in the Internal Obliques is associated SI joint instability.

Internal abdominal oblique is a muscle found on the lateral side of the abdomen.



Gluteus Medius muscles stabilize the pelvis.

Weakness in the gluteus medius is associated SI joint and low-back pain.

Gluteus Medius is located directly under the gluteus maximus on the side of your butt.

