

Pelvic Clock® Stretches for QL Muscles



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.

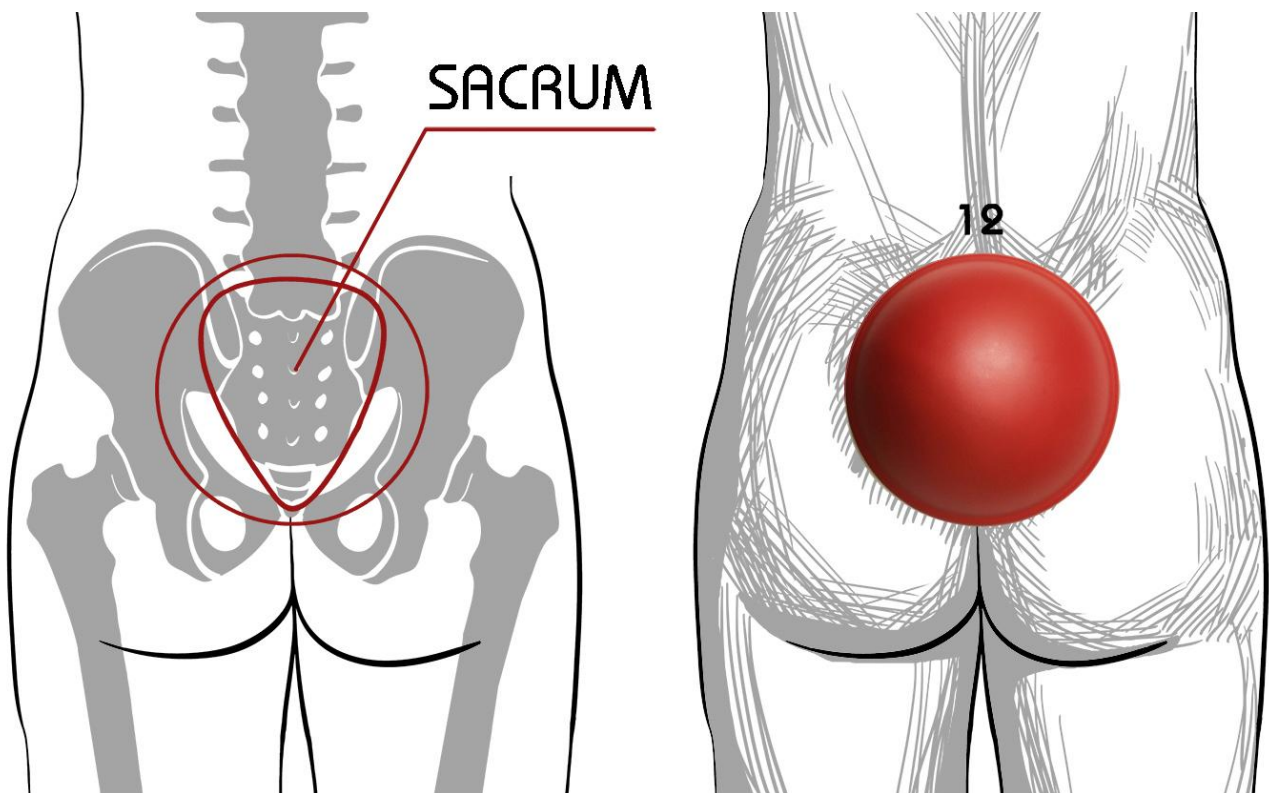
TIPS:

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.

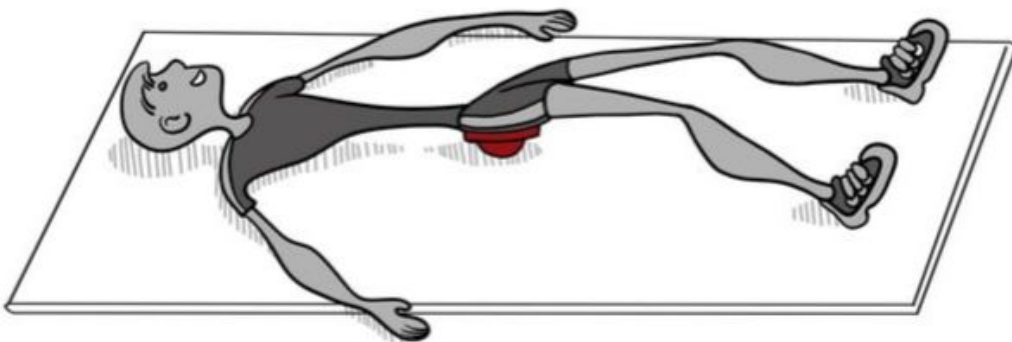
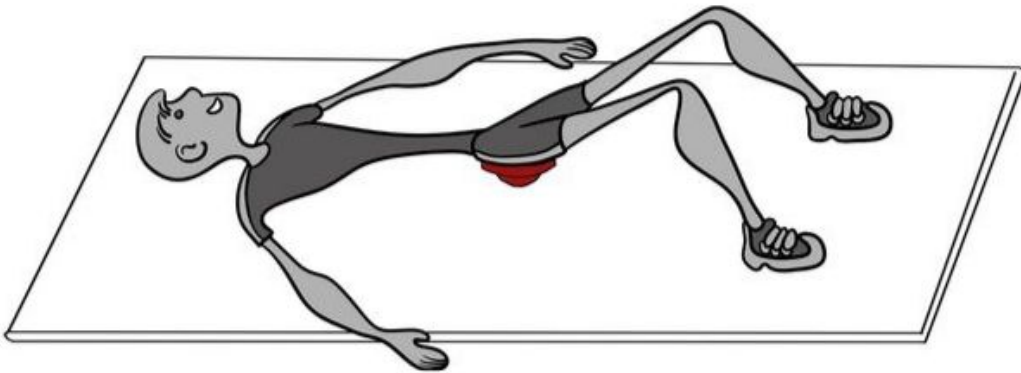
How to Set Up For Exercises

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.

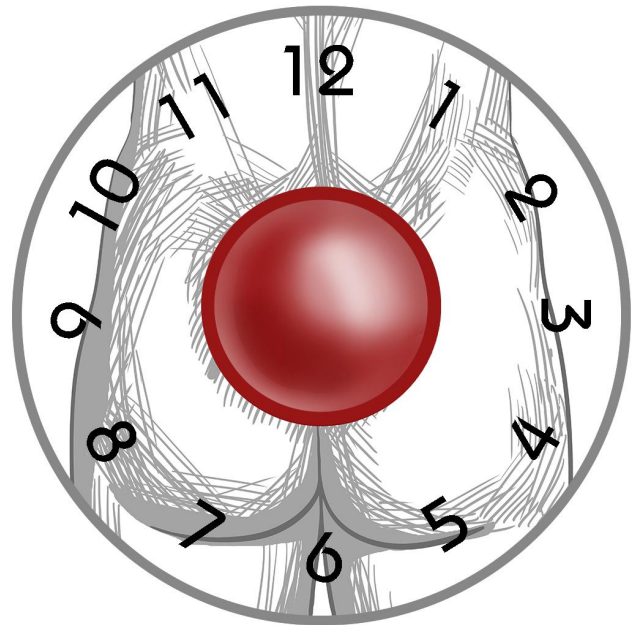
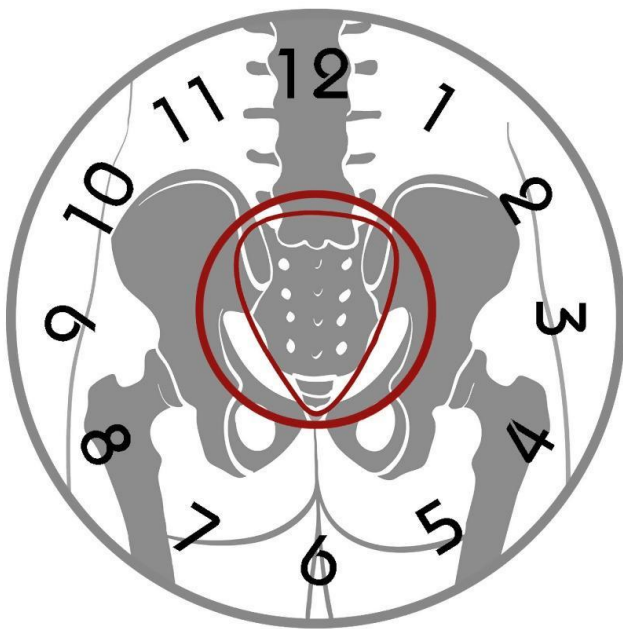


Once you have the device in position, you can just relax on it for a minute or two. Stretch out your legs on the mat or try rocking side to side.



Exercise Patterns

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



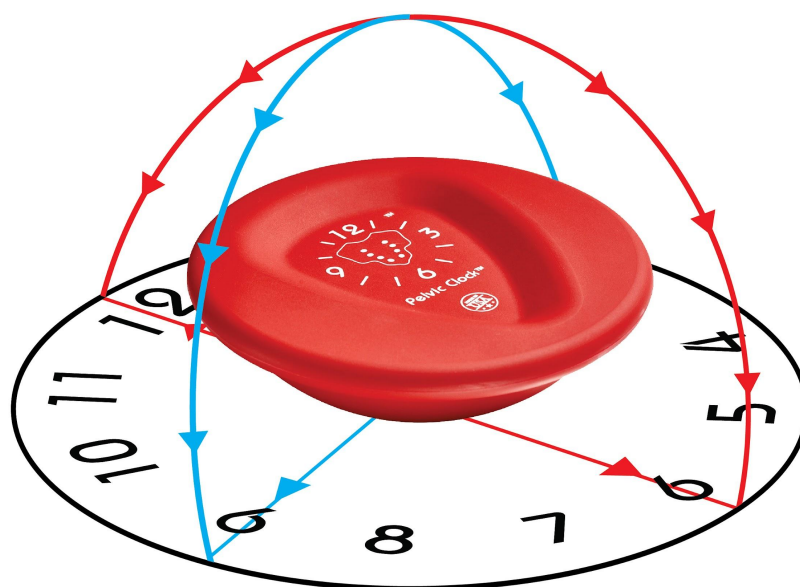
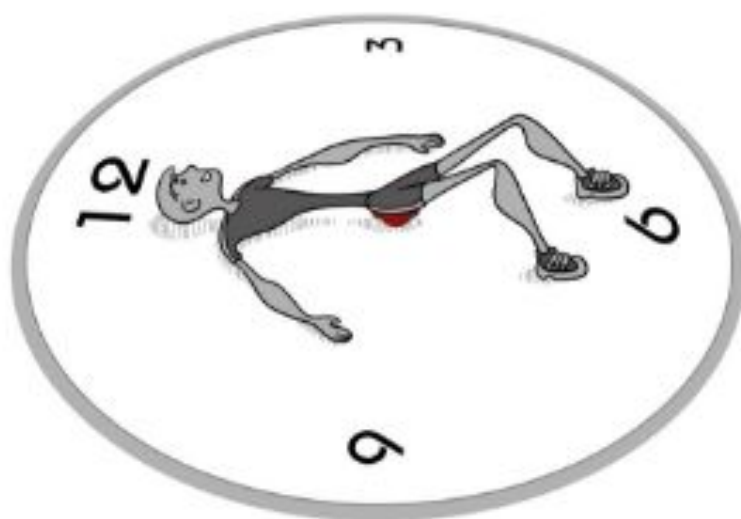
Duration of Exercises

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 like 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.

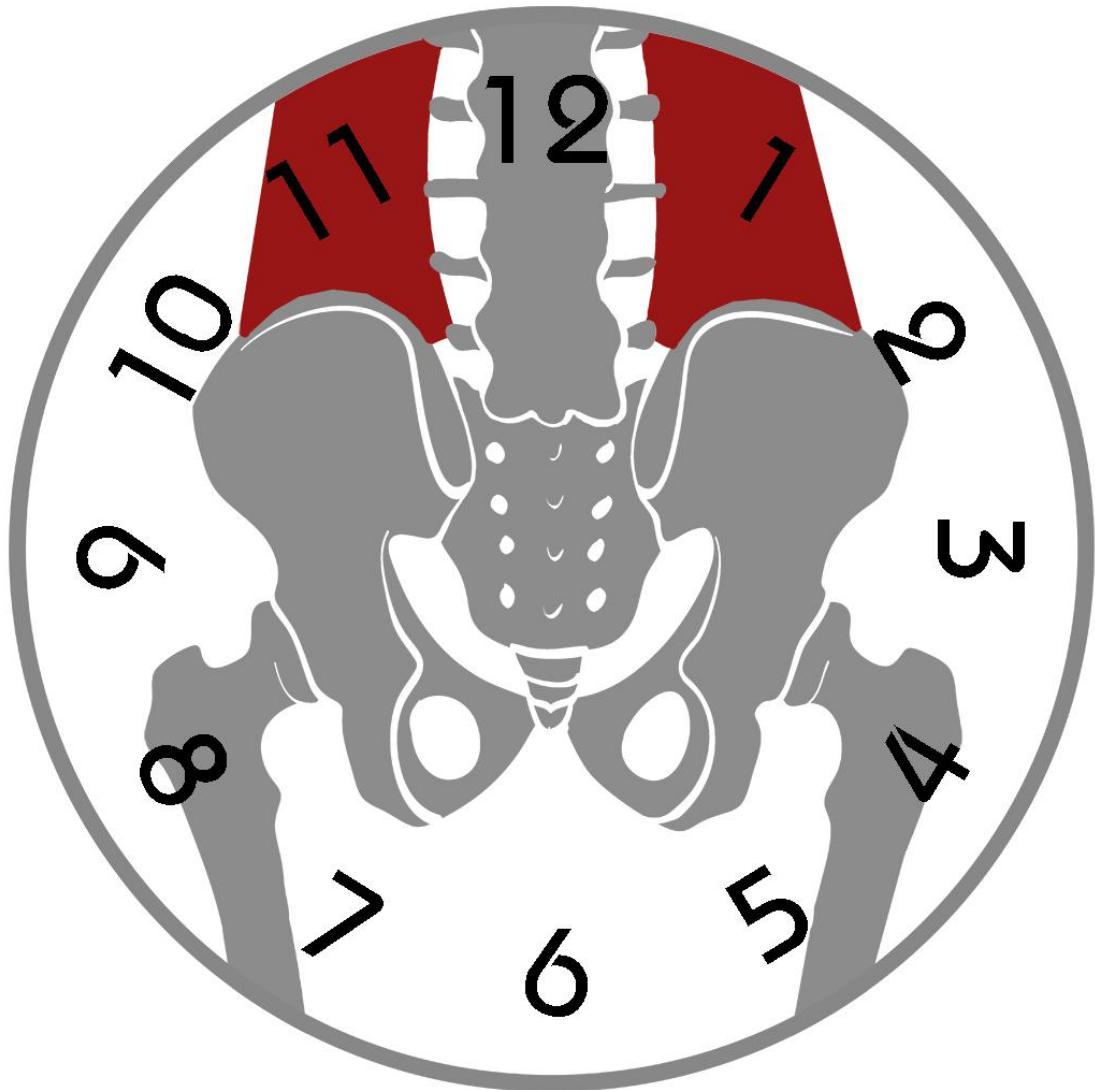
Find a Neutral Pelvis Position

Before you start with Pelvic Clock® exercises, you should find your Neutral Pelvis Position when 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.



Quadratus Lumborum Muscles (QL)



Located on either side of the lumbar spine, **Quadratus Lumborum** (QL) are a pair of symmetrical postural muscles that connect the ribcage to the pelvis.

The main functions of Quadratus Lumborum muscles are:

- Lumbar extension.
- Lateral flexion of the body.
- Stabilization of the pelvis and lumbar spine.

Overactive QL muscles can easily pull the pelvis out of alignment and cause chronic hip or lower back pain.

Conditions associated with a tight Quadratus Lumborum muscle on one side of the body include:

- Hip Hike.
- Lateral Pelvic Tilt.
- Uneven Hips.
- Leg length Discrepancy.
- Twisted Pelvis.

Bilateral tightness of QL muscles leads to an Anterior Pelvic Tilt and Hyperlordosis of the Lumbar Spine.

Regular stretching of QL muscles helps prevent painful spasms and keep the lumbar spine, ribcage, pelvis, and hips in a healthy neutral position.

The Pelvic Clock® makes QL stretches more effective by providing the elevation and allowing the pelvis to tilt in every direction.

Bilateral QL Stretches

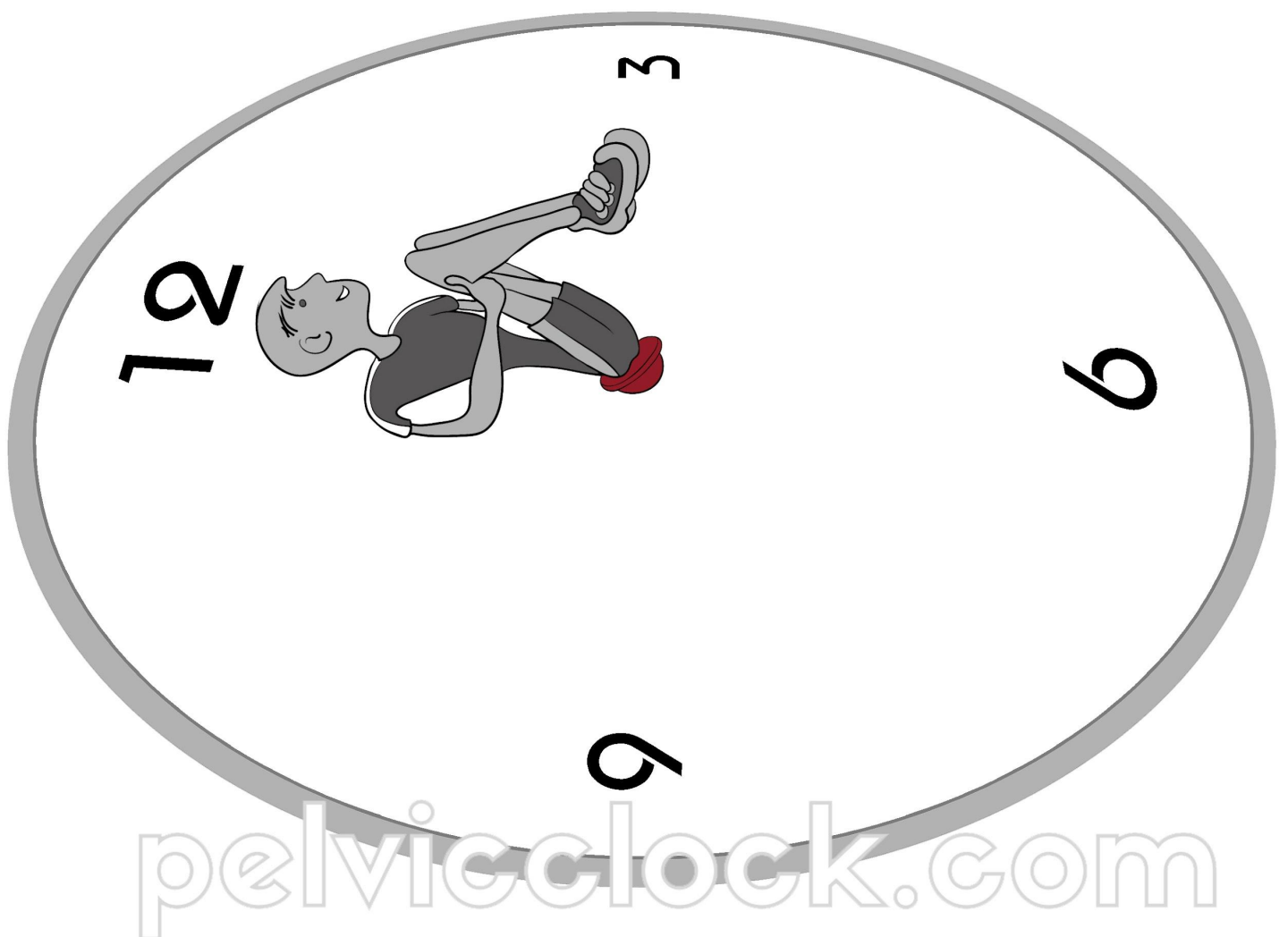
Knees-to-Chest Stretch

Pull your knees toward your chest.

Inflate your belly and press it against your thighs.

Hold the stretch for five seconds.

Repeat 10 times.



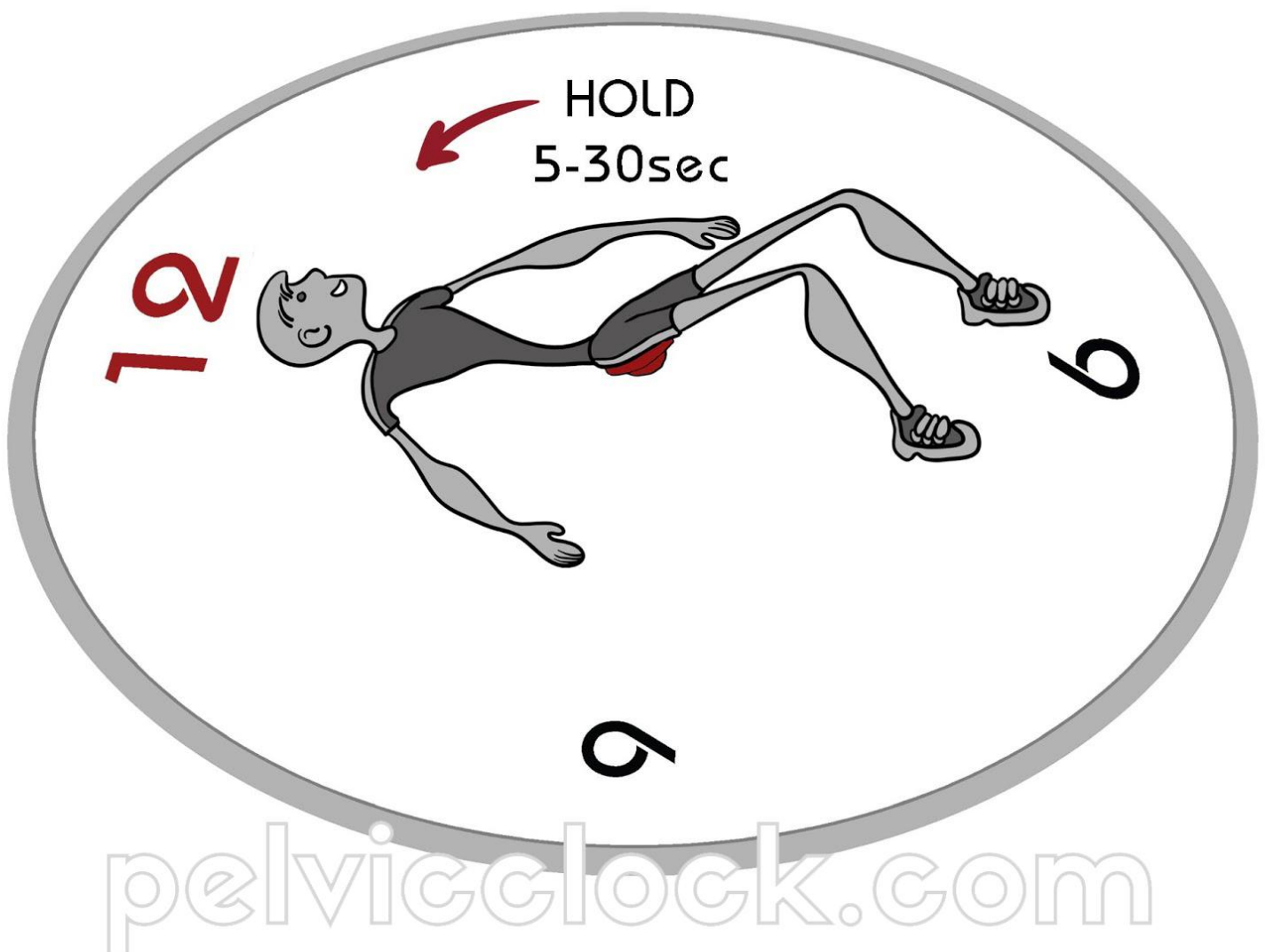
Exercise "12 HOLD"

EXHALE and tilt your pelvis back toward the **12** o'clock marker, in the direction of your head.

HOLD this position for five seconds without breathing. Press **both QL muscles** against the floor.

INHALE and return to neutral position.

REPEAT 10 times.



Unilateral QL Stretches

Exercise "6-1-6-11"

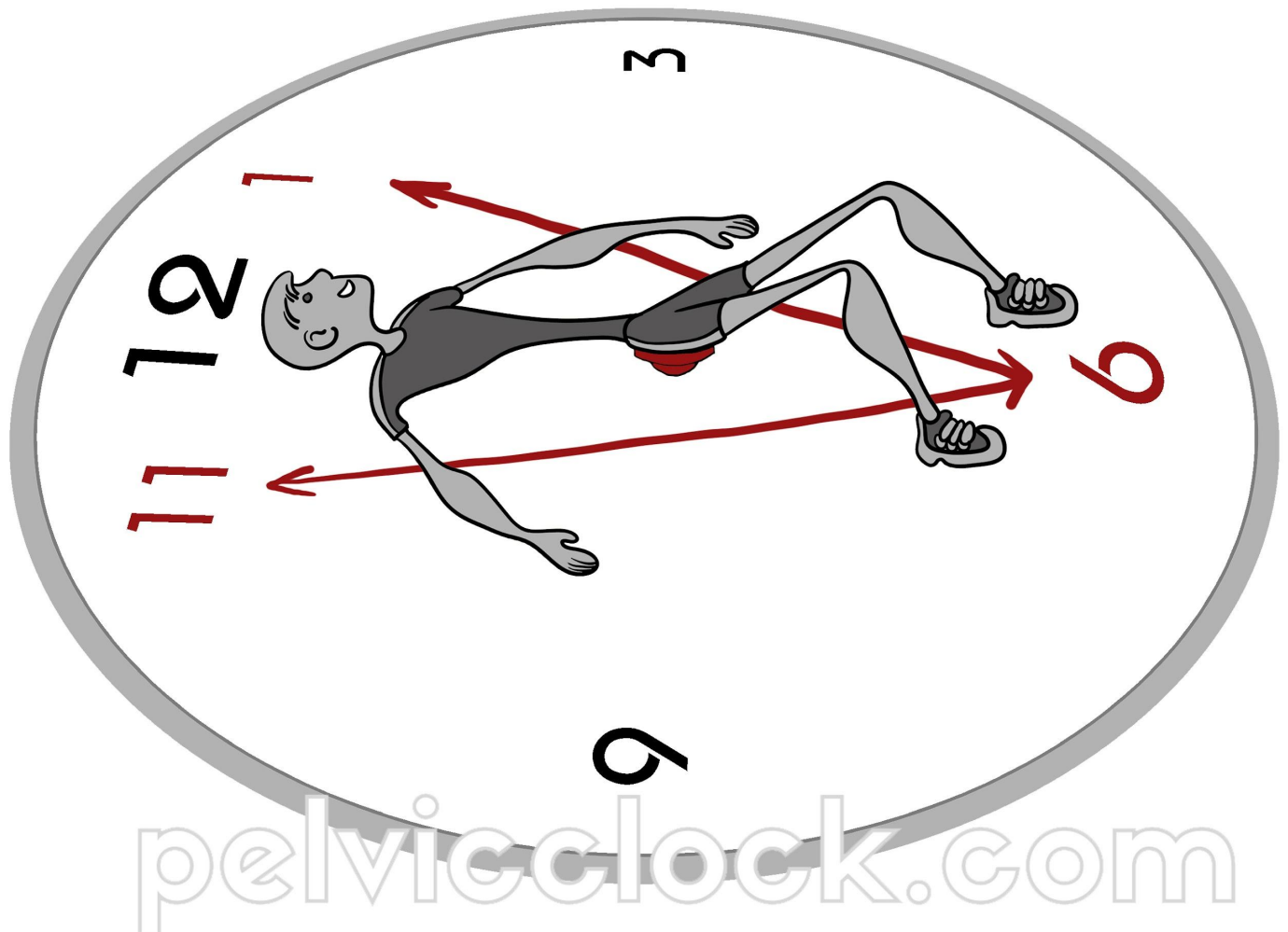
EXHALE and lean back toward the **1** o'clock marker (a back-left tilt). HOLD this position for five seconds without breathing as you press your **left QL muscle** against the floor.

INHALE and tilt your pelvis forward toward the **6** o'clock marker.

EXHALE and lean back toward the **11** o'clock marker (a back-right tilt). HOLD this position for five seconds without breathing as you press your **right QL muscle** against the floor.

Compare the two sides.

Stretch the tighter side again. Repeat 10 times.



Side Stretch

With your arms above your head, take your left wrist in your right hand, pull your left arm to the right to stretch your **Left Side**. Tilt your pelvis to the left.

Take FIVE DEEP BREATHS as you hold this position.

Then do the same for your **Right Side**.

