

Pelvic Clock®

Exercises for Twisted Pelvis



What Causes the Pelvis to Rotate and Twist?

When you rotate your trunk while playing tennis, golf, baseball, cricket, polo, surfing, or snowboarding, the torsion of the pelvis is hard to avoid.

Your pelvis is pulled out of a healthy neutral position by a tight *Iliopsoas* (Hip Flexor) muscle on one side of the body, and an overused *Quadratus Lumborum* muscle on the other.

This muscle imbalance can be due to many other causes:

- Asymmetrical pronation or supination of the foot.
- Abnormal external or internal rotation of the hip.
- Rotation of the lumbar spine.
- Leg length discrepancy.
- Hip replacement surgery.
- Childbirth.
- A fall.

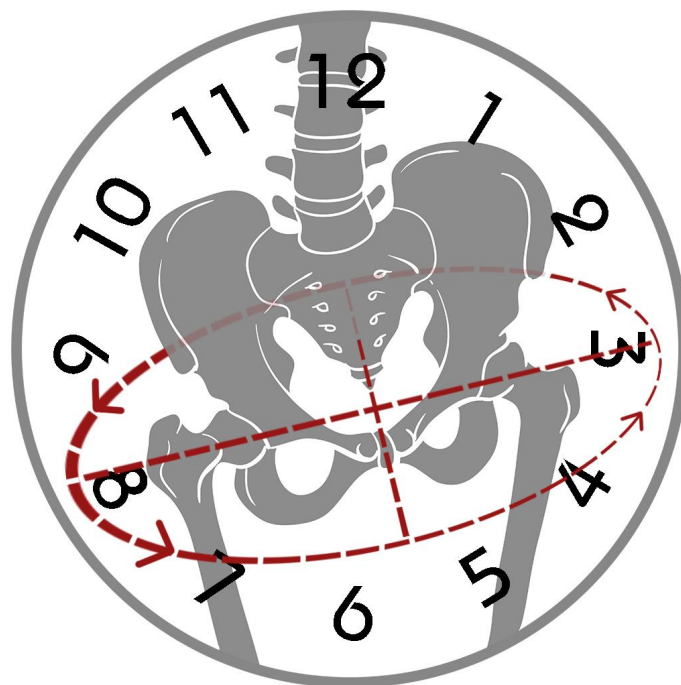


How to Fix a Rotated or Twisted Pelvis

The correction of a twisted pelvis is a long-term project built on body awareness — a connection between your body and mind. A chiropractor, osteopath, or physical therapist can diagnose a twisted pelvis and recommend exercises appropriate for your particular case.

The Pelvic Clock® workout helps correct a twisted pelvis in three ways:

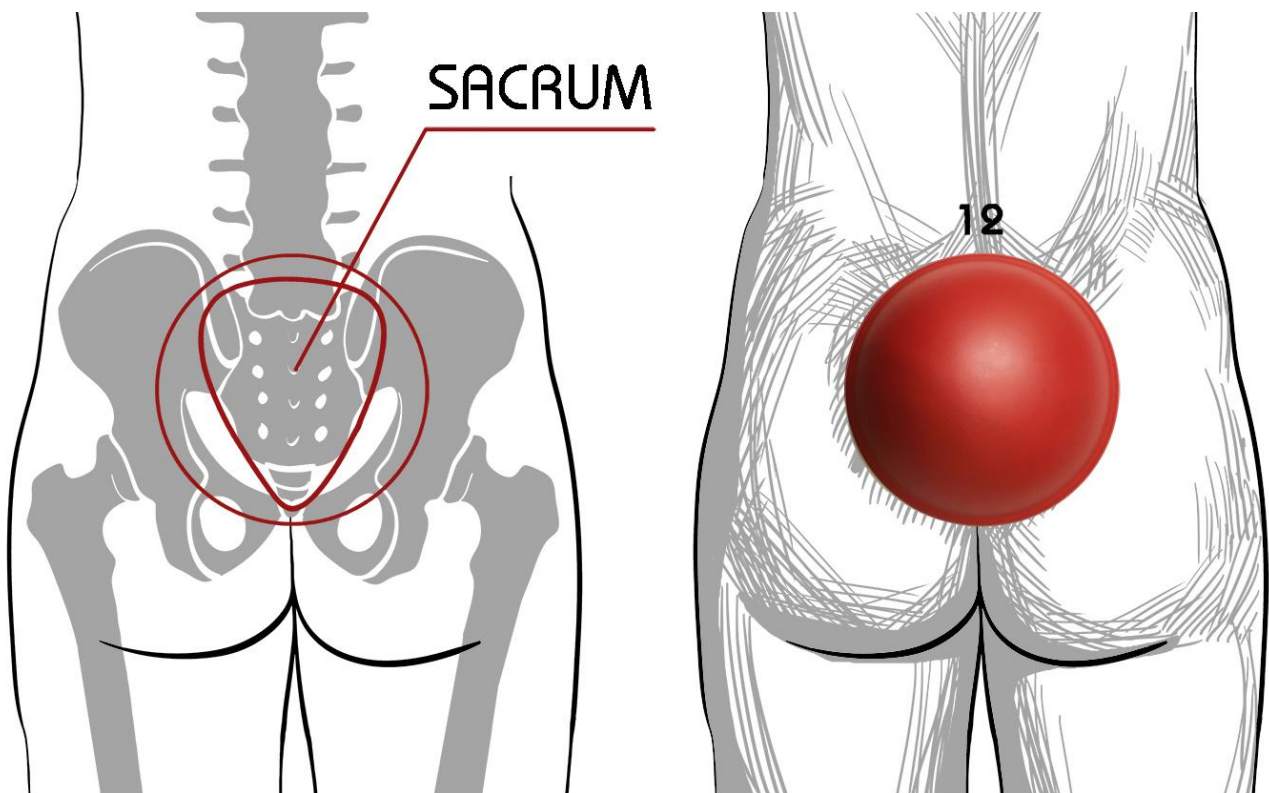
1. It identifies the area of your pelvis that has a limited range of movement.
2. It stretches the tight side of the pelvis.
3. It strengthens the weak side of your core.



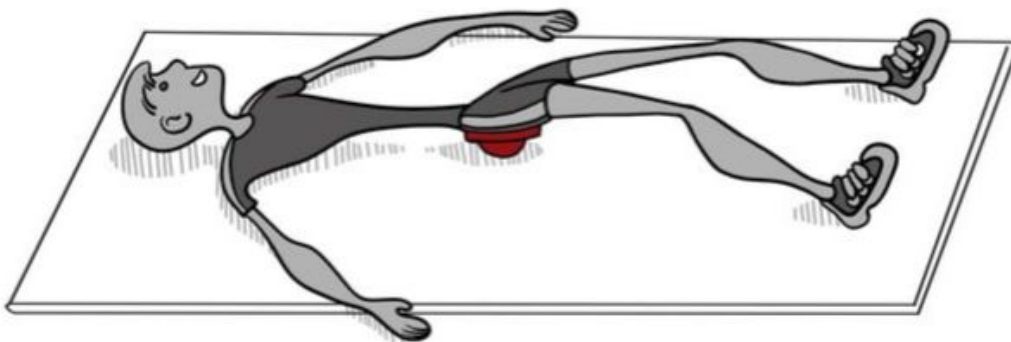
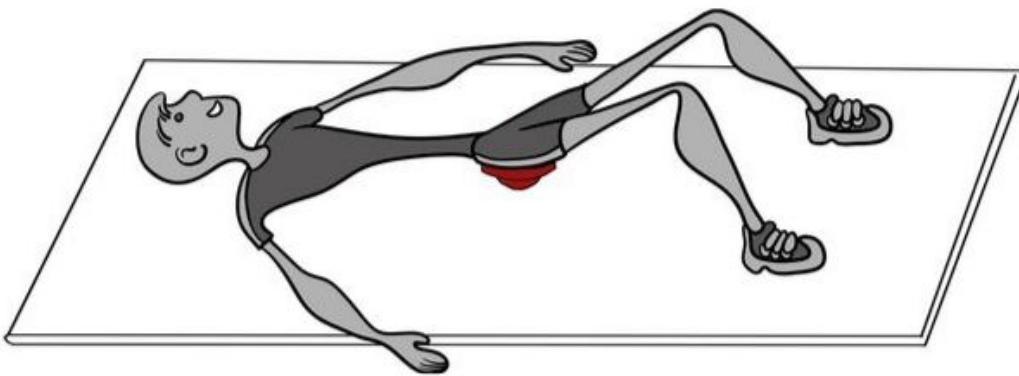
How to Set Up For Exercises

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.

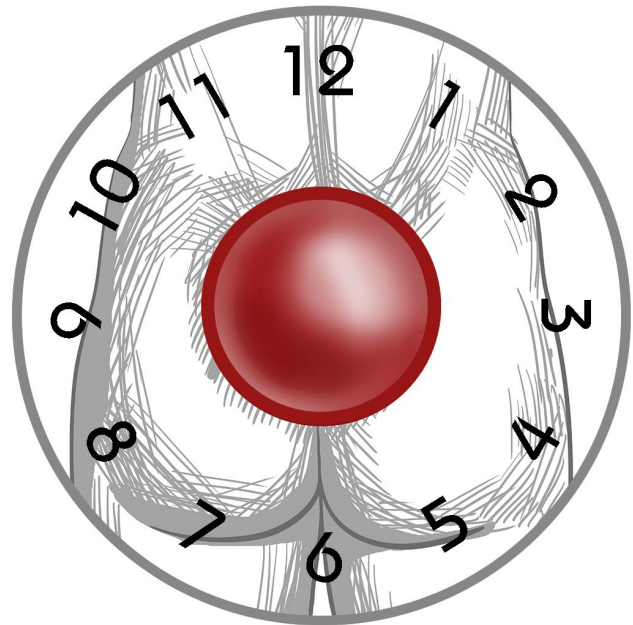
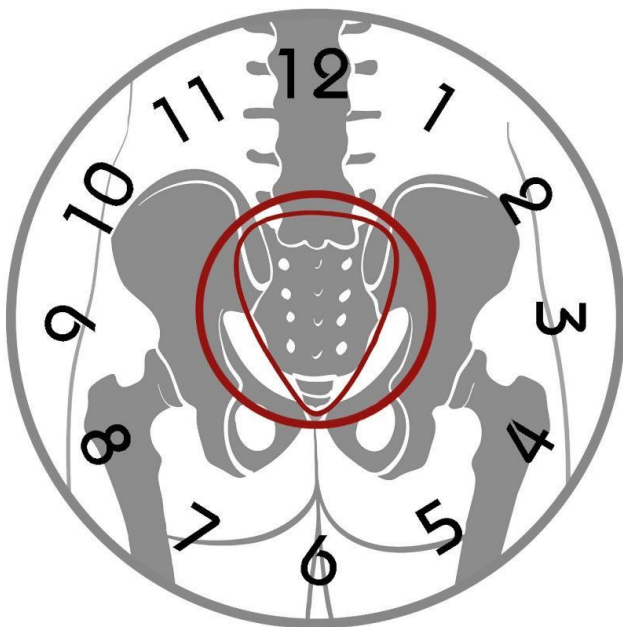


Once you have the device in position, you can just relax on it for a minute or two. Stretch out your legs on the mat or try rocking side to side.



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.

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Stretches

Exercise "3-9" with feet on the wall

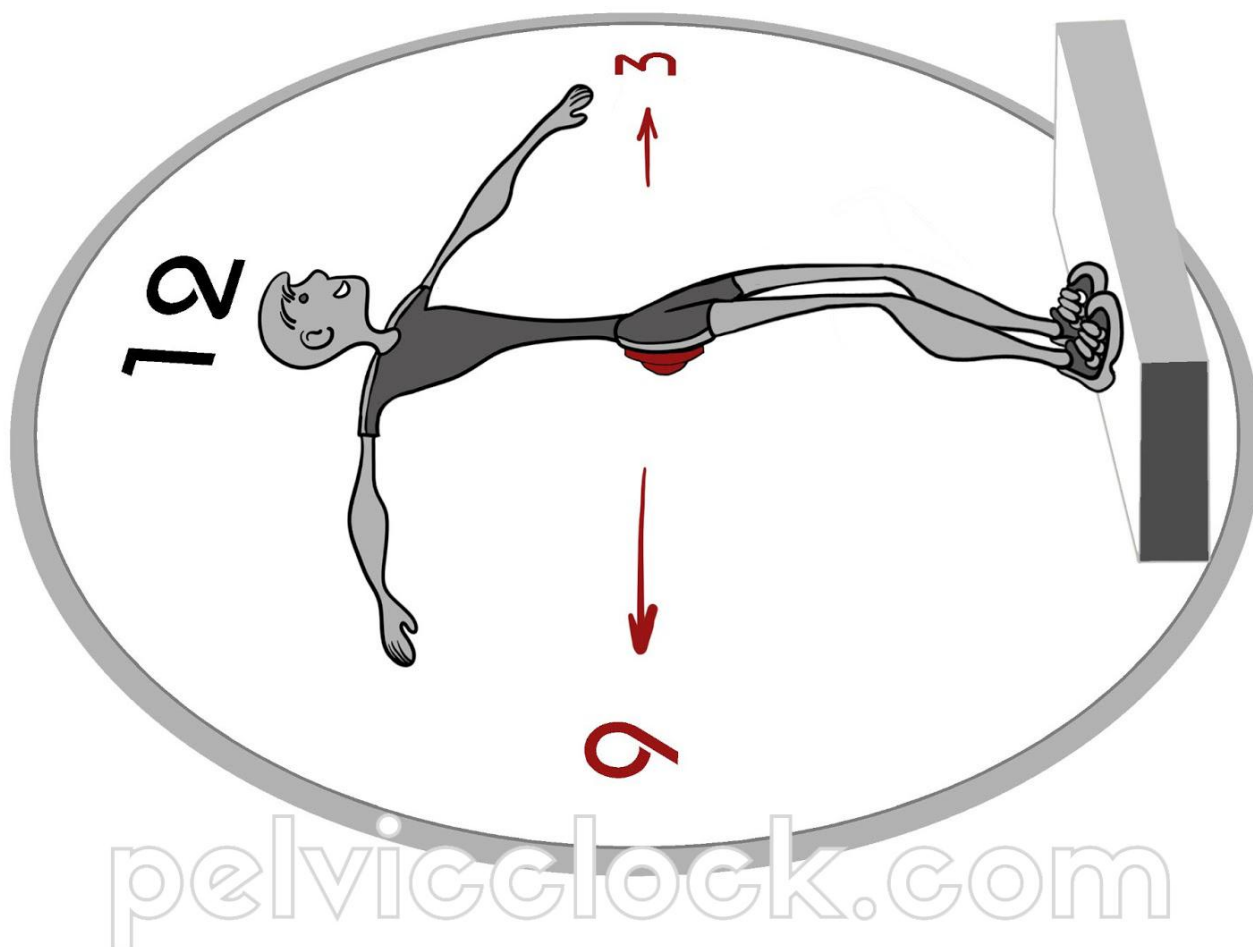
Stretch your legs and place your feet flat on the wall.
Keep your shoulders firmly on the floor.

Rotate your pelvis to the left, dropping your left hip.
Hold for 15-30 seconds.

Rotate your pelvis to the right, dropping your right hip.
Hold for 15-30 seconds.

Compare the two sides.

Stretch the tighter side of your pelvis again.
This time hold each stretch for up to 3-5 minutes.

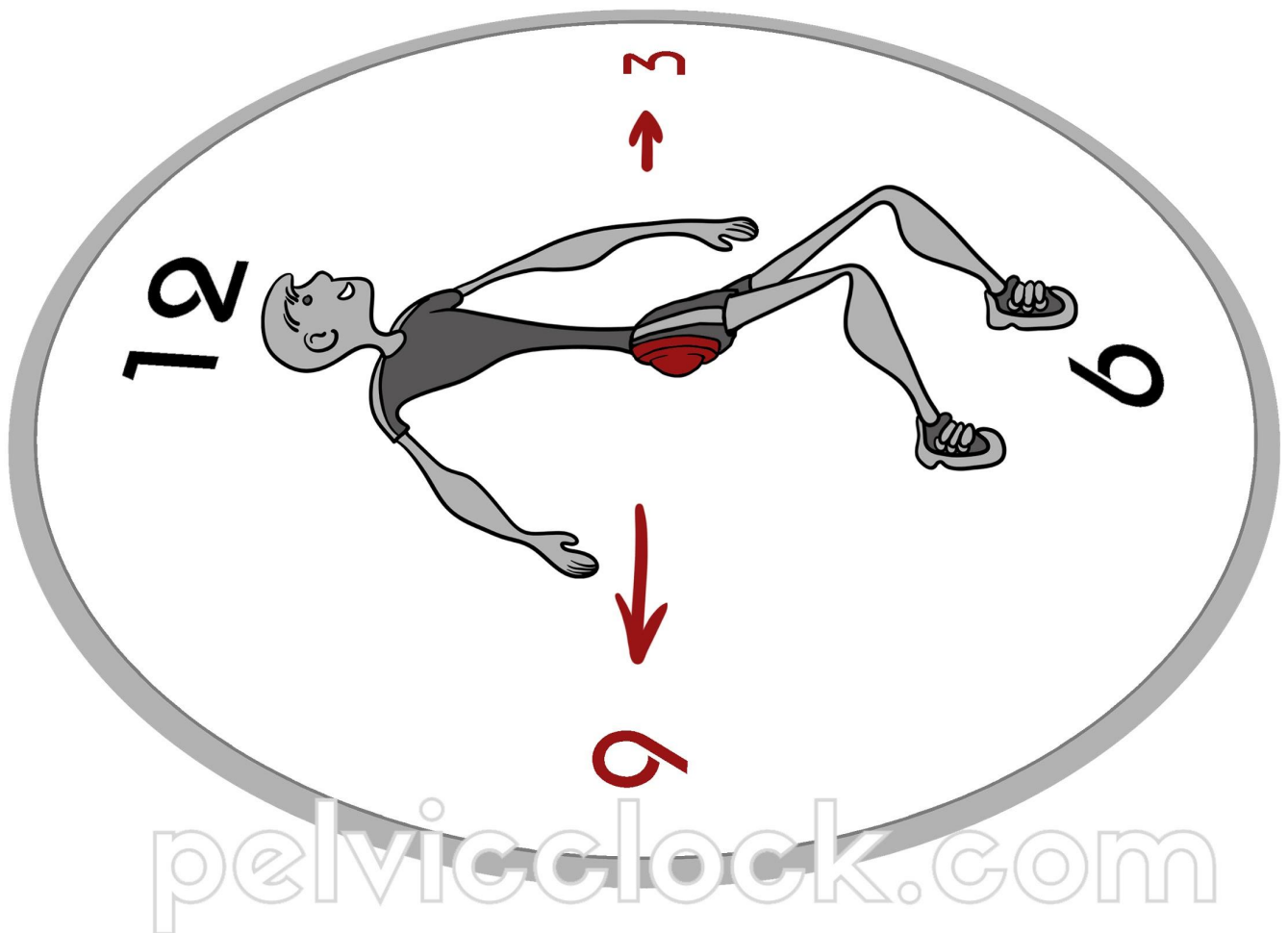


Exercise "3-9" with bent legs

Bend your knees and press your feet into the ground.

Without moving your knees, tilt your pelvis to the left toward the **3** o'clock marker. Then take a breath and tilt your pelvis over to the right side toward the **9** o'clock marker.

Repeat 10-20 times.



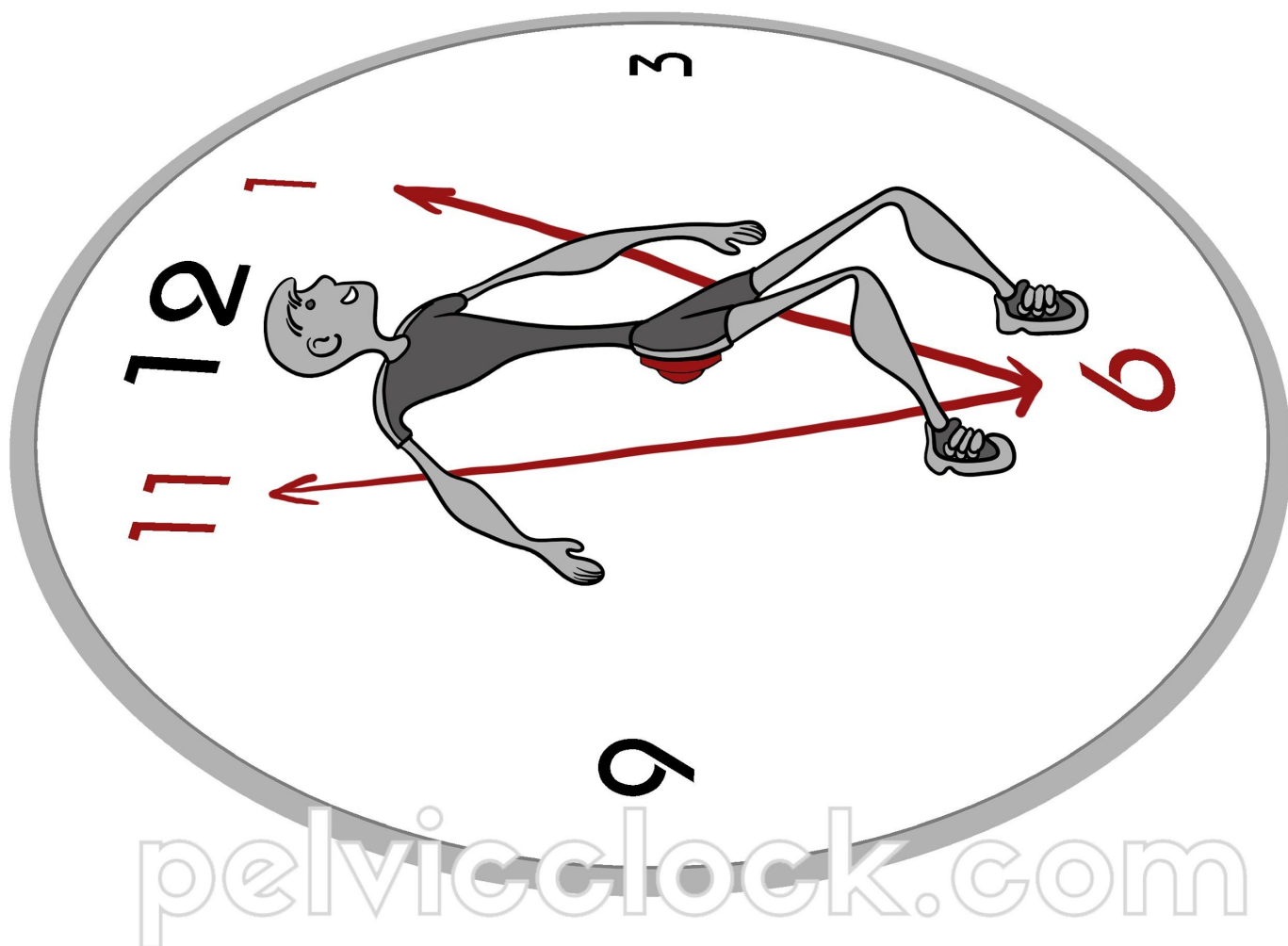
Exercise "6-1-6-11"

Slowly rock forward and back following the **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.

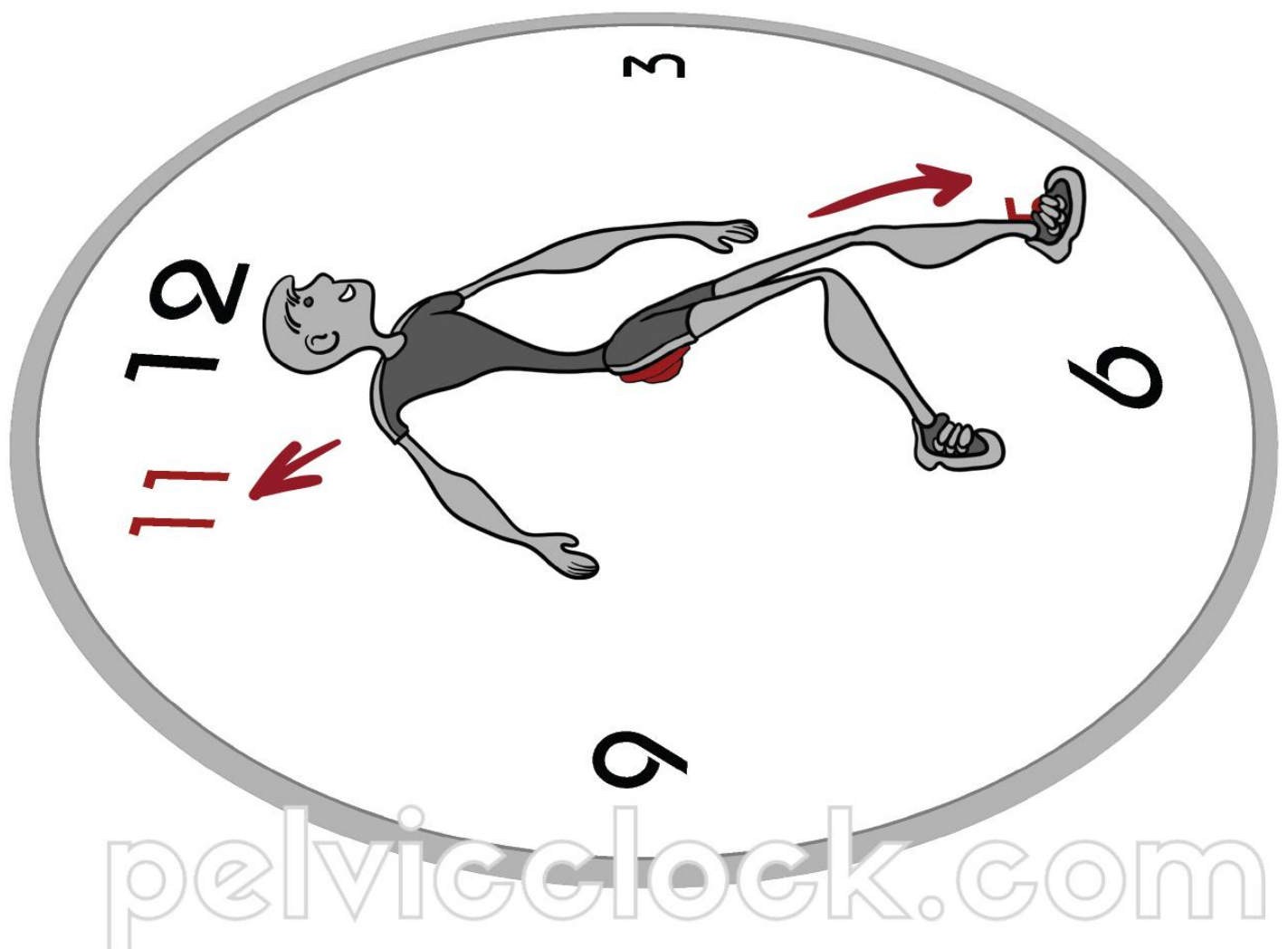


Exercise "5-11"

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

Repeat 10 times.

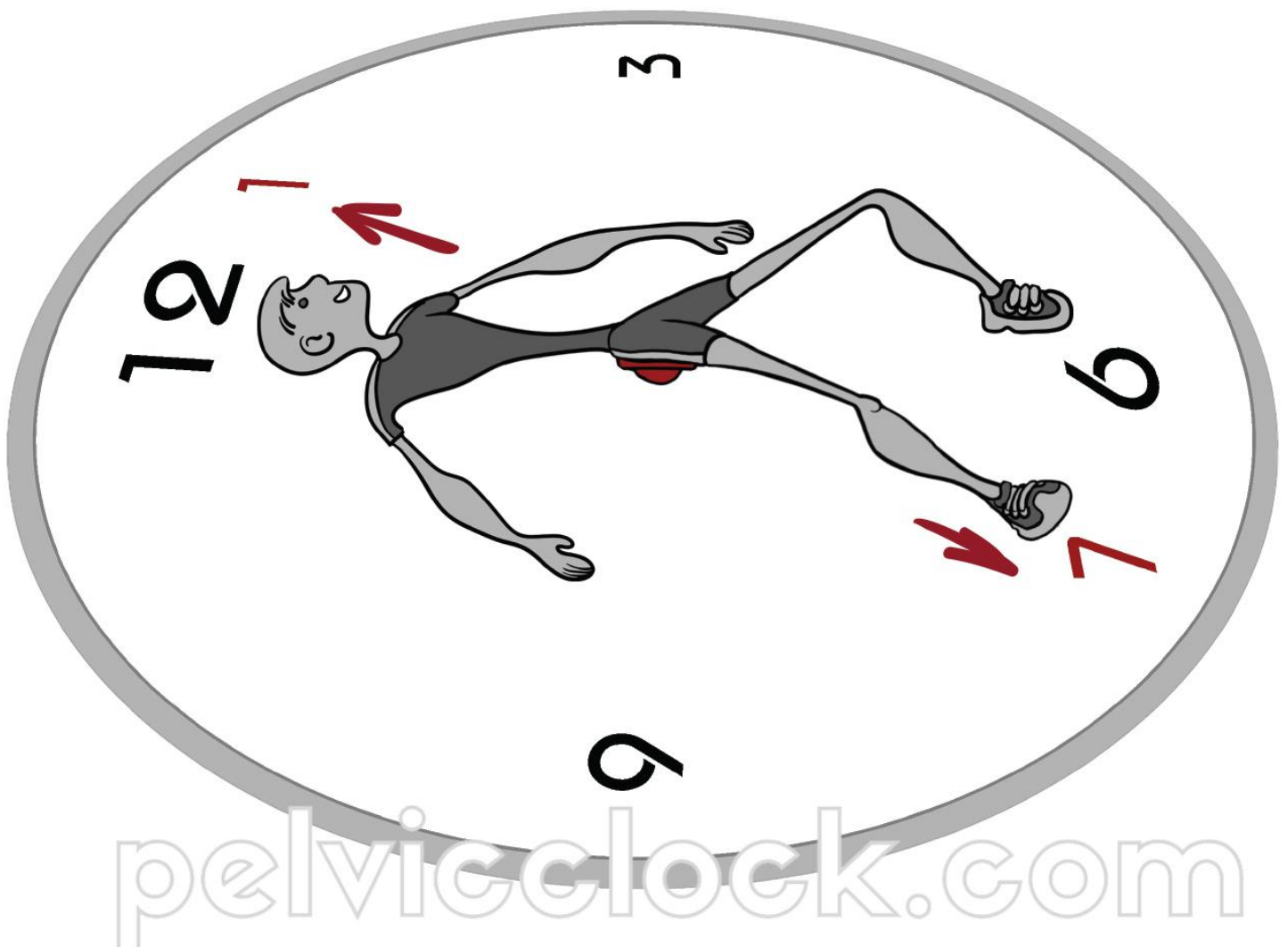


Exercise "1-7"

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

Repeat 10 times.



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Core Stability Exercises

Balance on One Heel

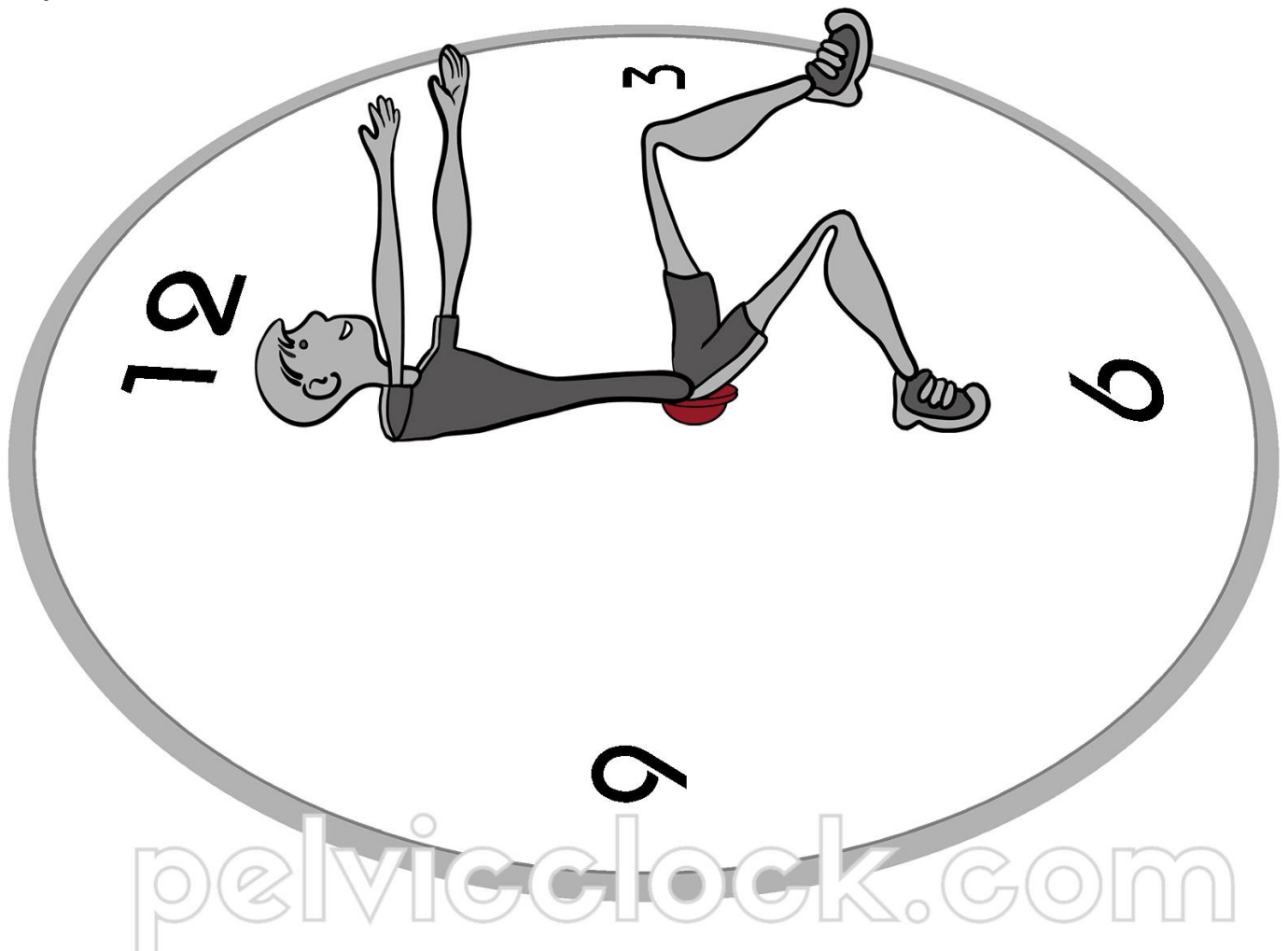
Stretch your arms up. Hands aligned with shoulders.

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.



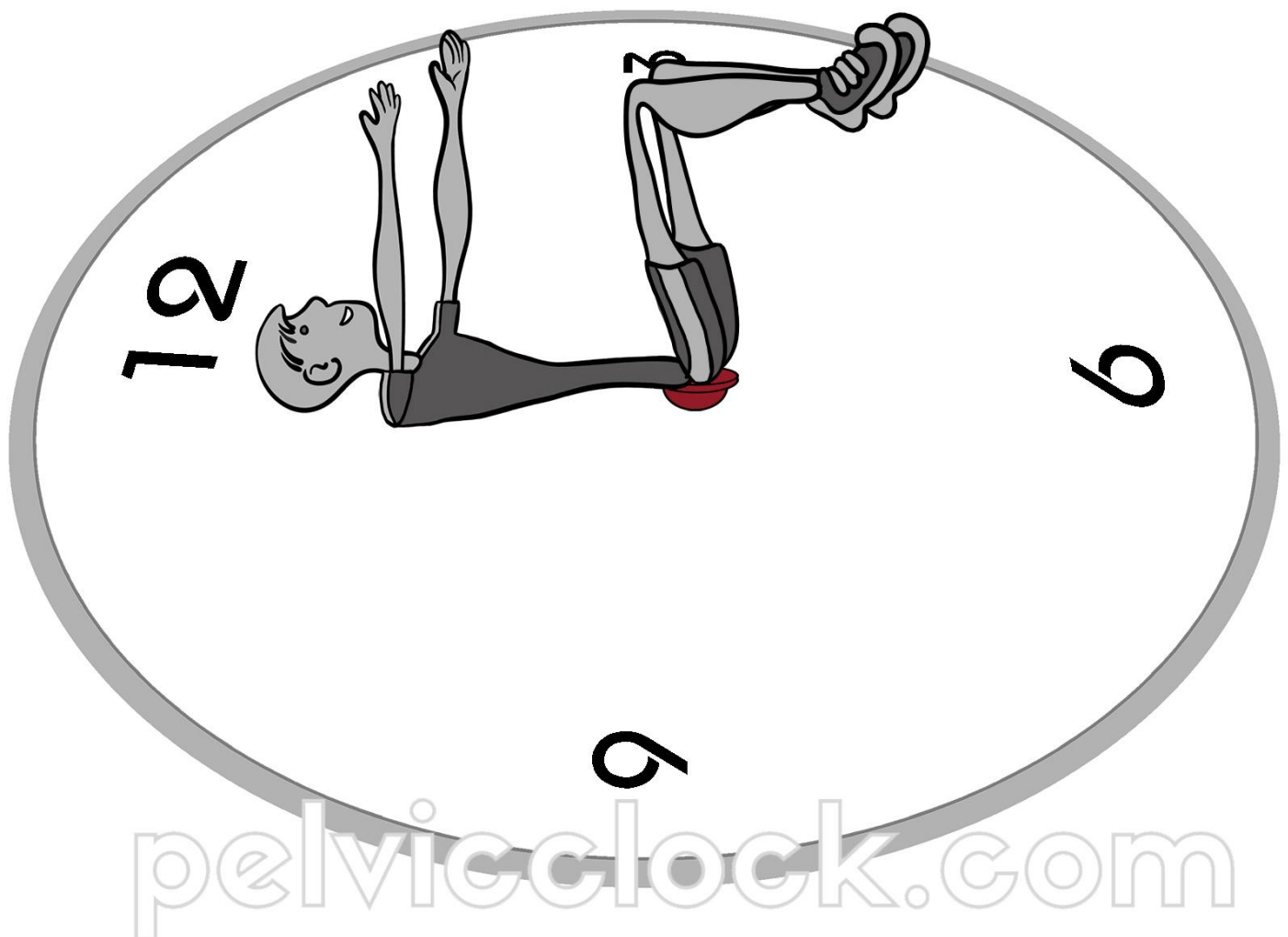
Dead Bug

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

Stretch your arms upwards. Hands aligned with shoulders.

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.



Dead Bug Moving Legs

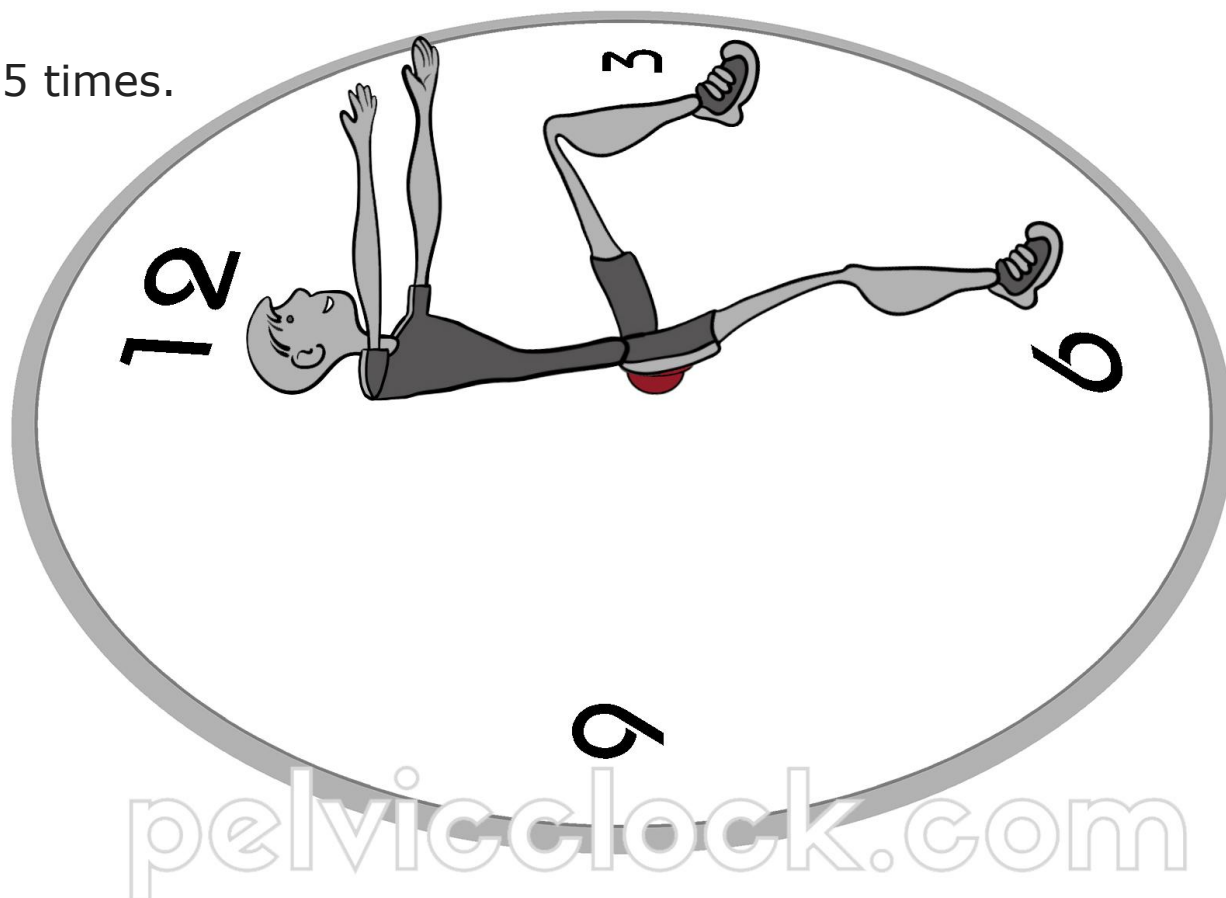
Lift your legs up in the air with your knees bent at a 90 degree angle.

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 toward the **6** o'clock marker. Keep the leg in the air parallel to the floor. Take five deep breaths, as you balance in this position.

Stretch your **left leg** forward toward the **6** o'clock marker. Keep the leg in the air parallel to the floor. Take five 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 to 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 to 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.

