

Pelvic Clock

Purpose: This exercise develops organized movement in the pelvis. This helps create movement within the pelvis, especially within the SI joint.

How Often: To achieve maximum result do this homework a minimum of 3 times a week for about 5 minutes at a time. This home work can also be done as often as needed to relieve aches and pains.

Directions: Lay on the floor either on comfortable carpet or on some type of yoga mat or pad in zero position. Zero position is face up with your knees up and your feet flat. This will ensure that your spine is long and relaxed.

You are going to pretend you are a clock on a wall. Your left side is 3 o'clock, your right side is 9 o'clock, your feet are 6 o'clock and your head is 12 o'clock.

Basic Pelvic Clock

To find 3 o'clock you are going to let your knees go over to your left side to a 45-degree angle. Now rock your knees over to your right side to a 45-degree angle, this is 9 o'clock. Perform this motion 5-6 times. Next you are going to roll your pelvis up by flattening your low back on the floor, this is 12 o'clock. To find 6 o'clock you are going to roll your pelvis down slightly. Now perform this motion 5-6 times. The key to this homework is to keep your abdominal muscles relaxed. This motion should be done by the muscles within the pelvis.

Intermediate Clock

Once you have gotten used to the quarter numbers on the clock you are going to move onto the next phase. After you have warmed up with the basic clock you are now going to roll your pelvis in clock wise and counter clockwise motions. Start at 12 and go clock wise, then start at 12 and move counter clockwise Use the quarter numbers to gauge where you are as you are performing this motion. Again, it is important to keep your abs relaxed. Take note of which direction it is easy to move along, and which is difficult.

Advanced Clock

Now that we are getting lots of motion within your pelvis you are going to take it to the next step. After warming up with the previous two parts you now are going to work across the clock. Examples are as follows. 1/7,2/8,4/10,5/11 and then reverse these numbers. Once you have performed this cool down with the basic clock.

Precautions

Do not perform this homework if it creates any kind of pain. Do not perform this homework if you are pregnant.



