



Pelvic Clock®  
Stretches & Exercises  
for  
**GOLFERS**



Hip mobility and **core stability** are two critical factors in the efficiency of a golf swing.

The Pelvic Clock® is a portable tool used by professional golfers to improve hip rotation and enhance their fitness routine.

The inherent asymmetries of a golf swing cause a muscle imbalance that makes golfing more difficult over time.

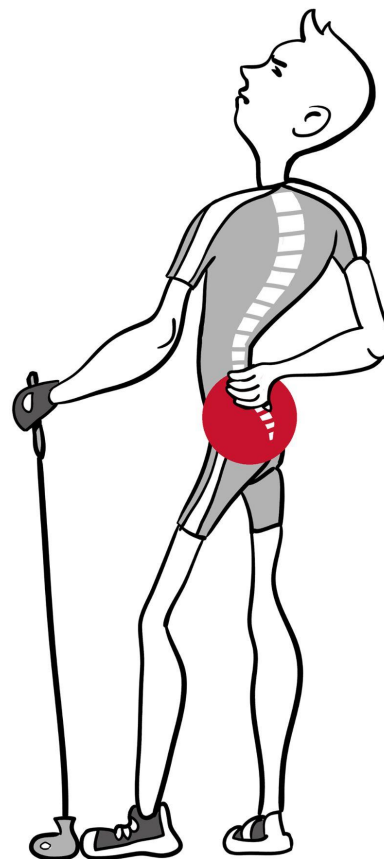
During a golf swing, the lead hip repeatedly moves from an external to internal rotation, while the trail hip is doing the opposite.

Pulled out of a healthy neutral position by a tight **Hip Flexor** on one side of the body, and an overworked Quadratus Lumborum muscle on the other, the pelvis of a golfer is often tilted or twisted.



The Pelvic Clock® workout, developed by a former Olympic coach, helps you to undo the damage in the following ways:

- **IDENTIFY** the tight side of your pelvis and the weak side of your core.
- **CORRECT** an Anterior Pelvic Tilt, Posterior Pelvic Tilt, Lateral Pelvic Tilt, or Twisted Pelvis.
- **RELEASE** tight Hip Flexor muscles.
- **REALIGN** Uneven Hips.
- **STRETCH** a tight Quadratus Lumborum (QL) and other lower back muscles.
- **STRENGTHEN** deep core 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.

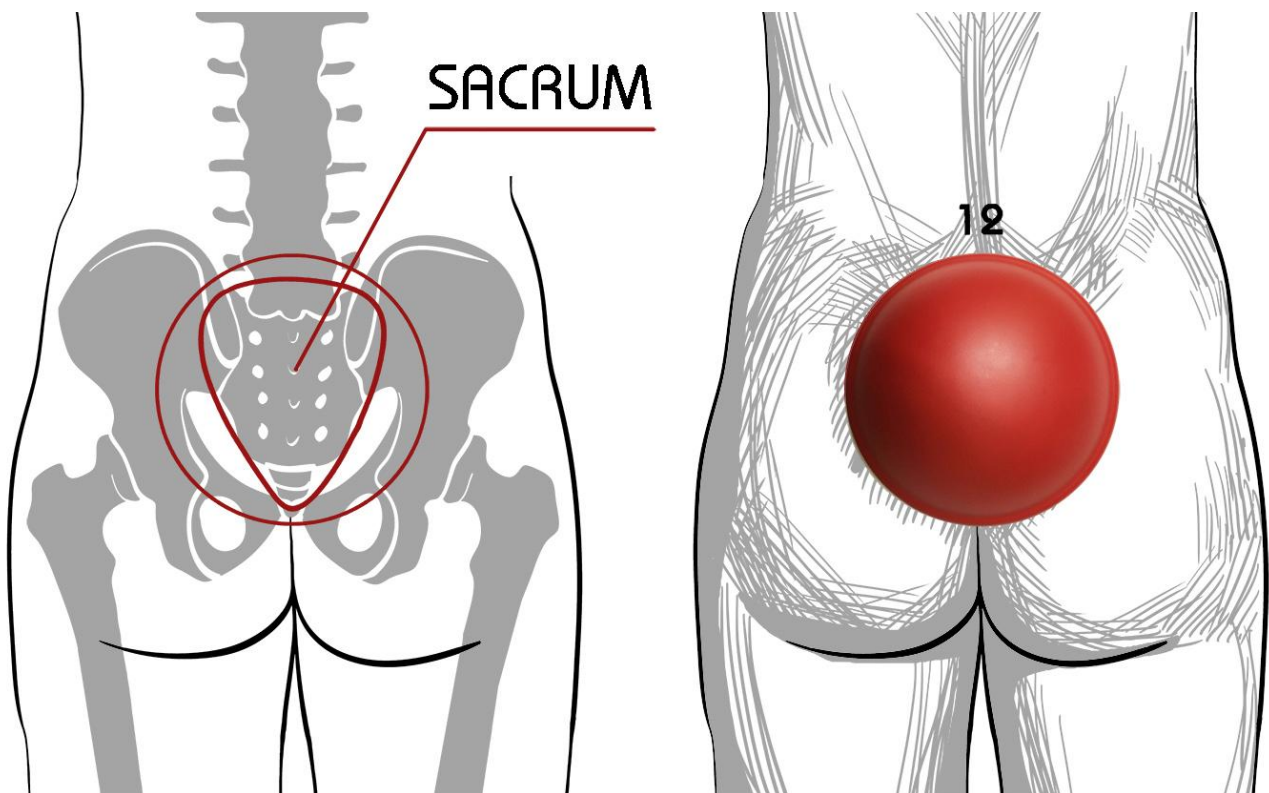
**TIPS:**

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.

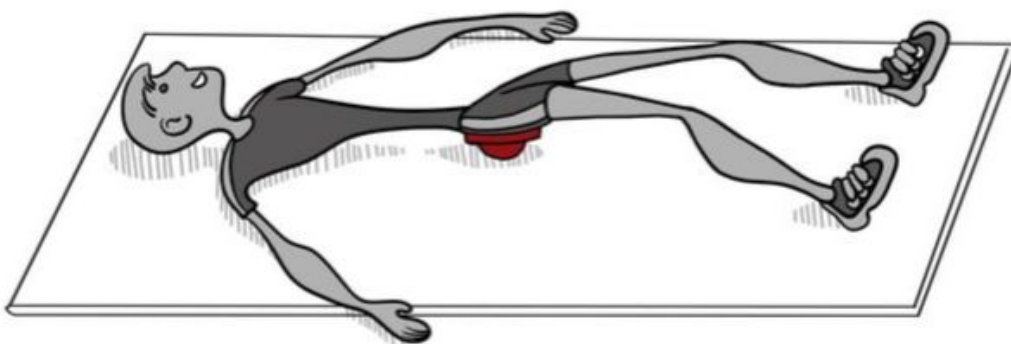
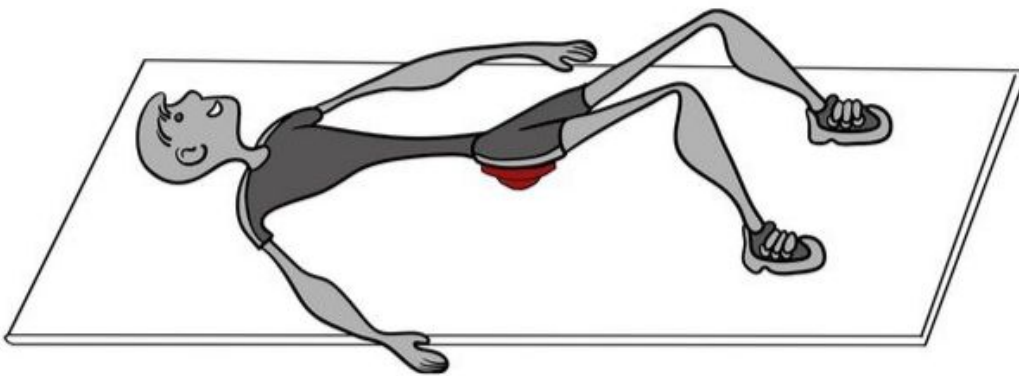
# How to Set Up For Exercises

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.

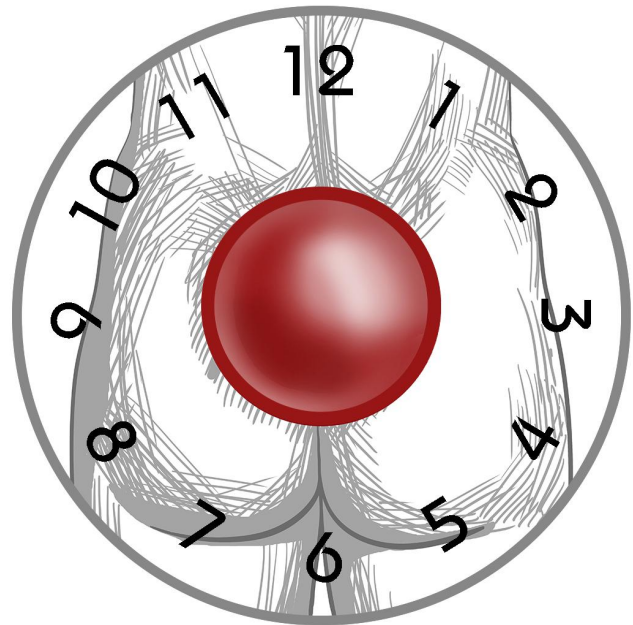
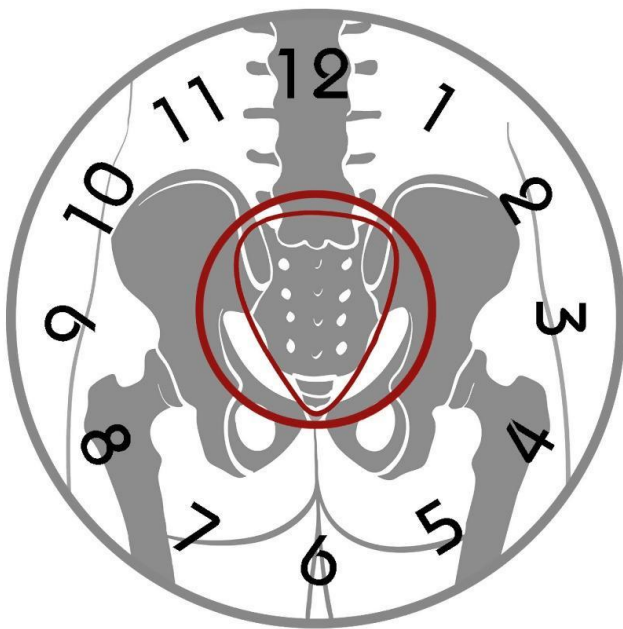


Once you have the device in position, you can just relax on it for a minute or two. Stretch out your legs on the mat or try rocking side to side.



# 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.

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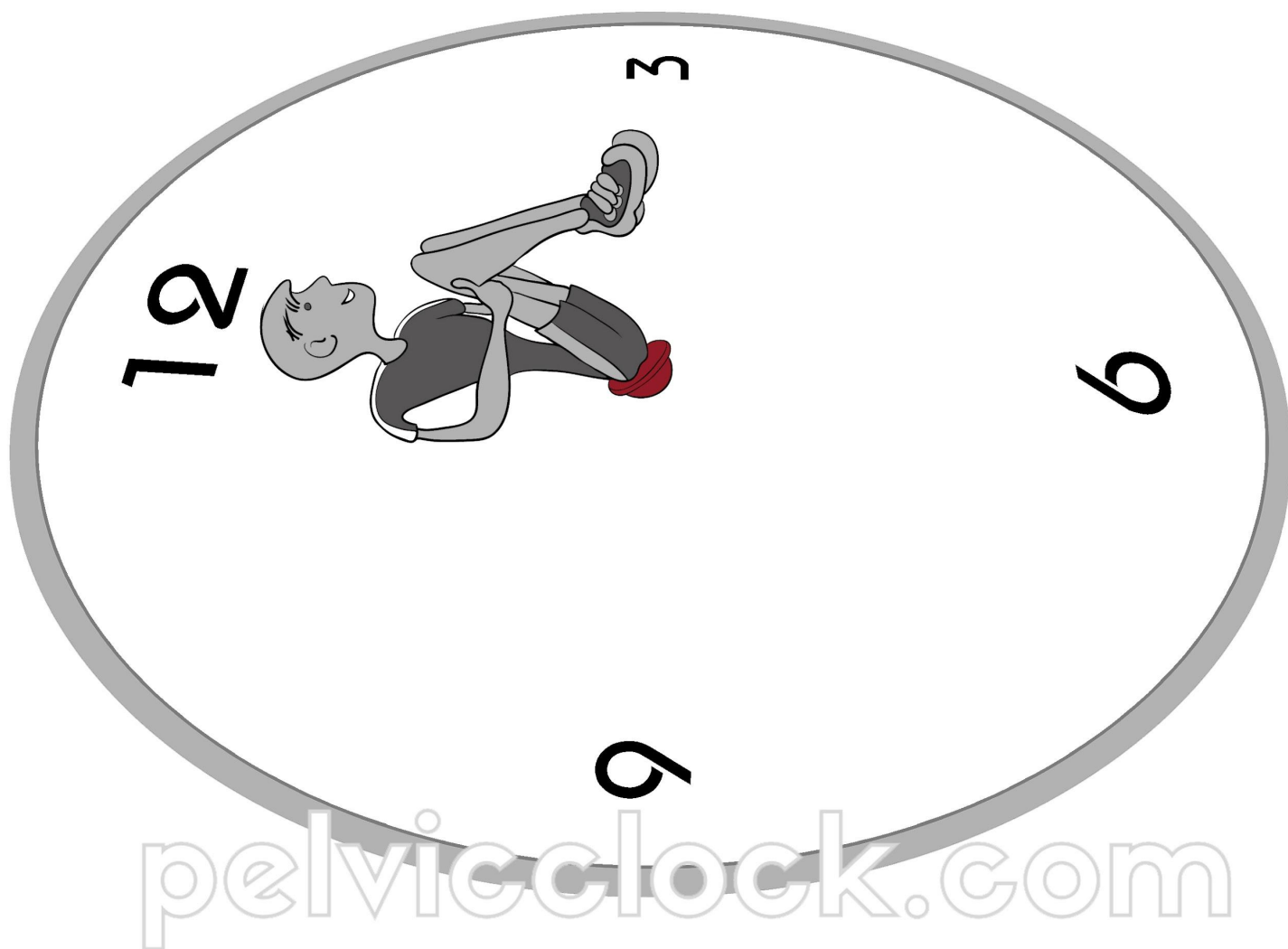
# Stretches For Hips & Lower Back



# Knees-to-Chest Stretch

Pull your knees toward your chest.

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

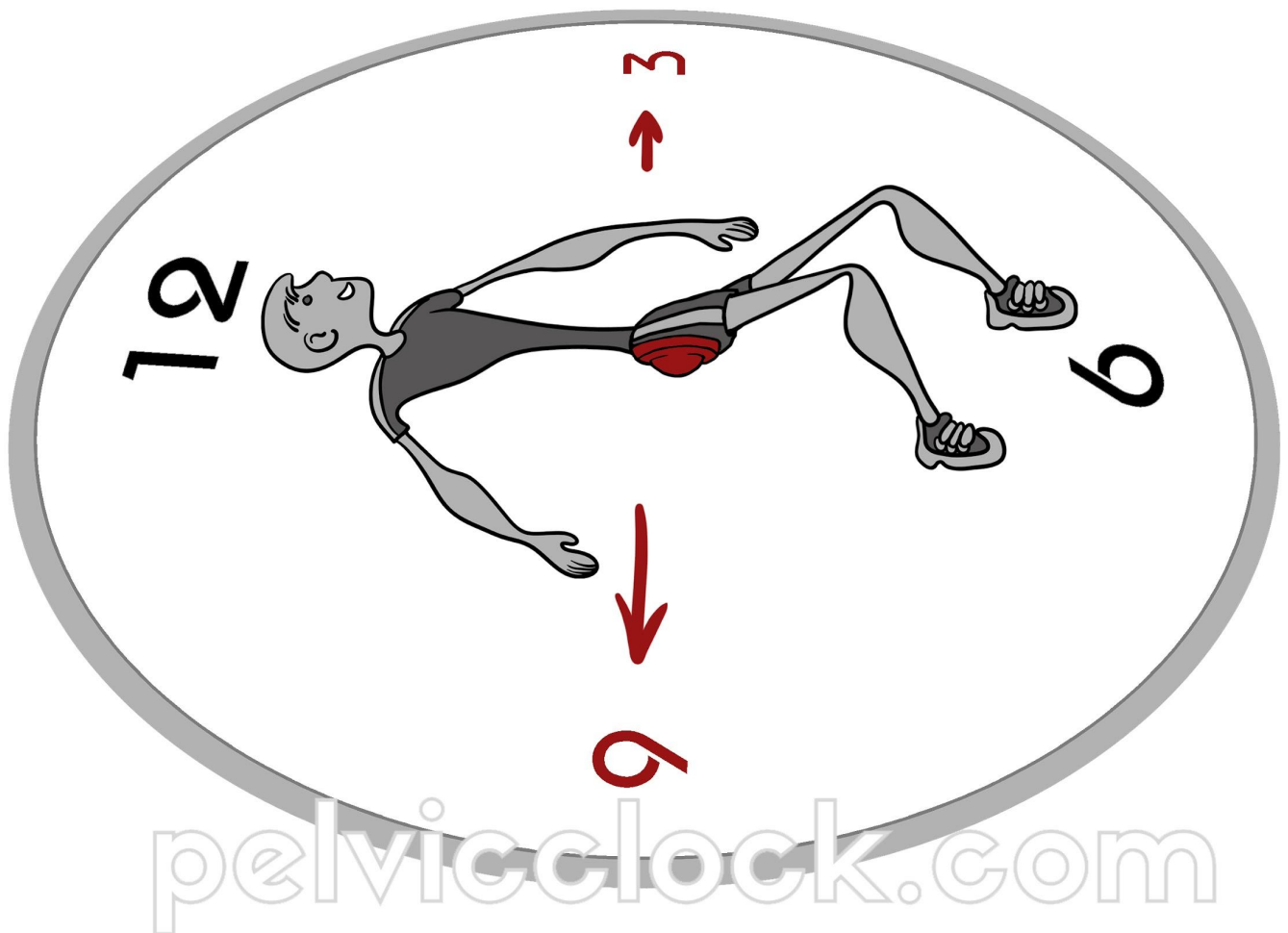


# Exercise "3-9" with bent legs

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.



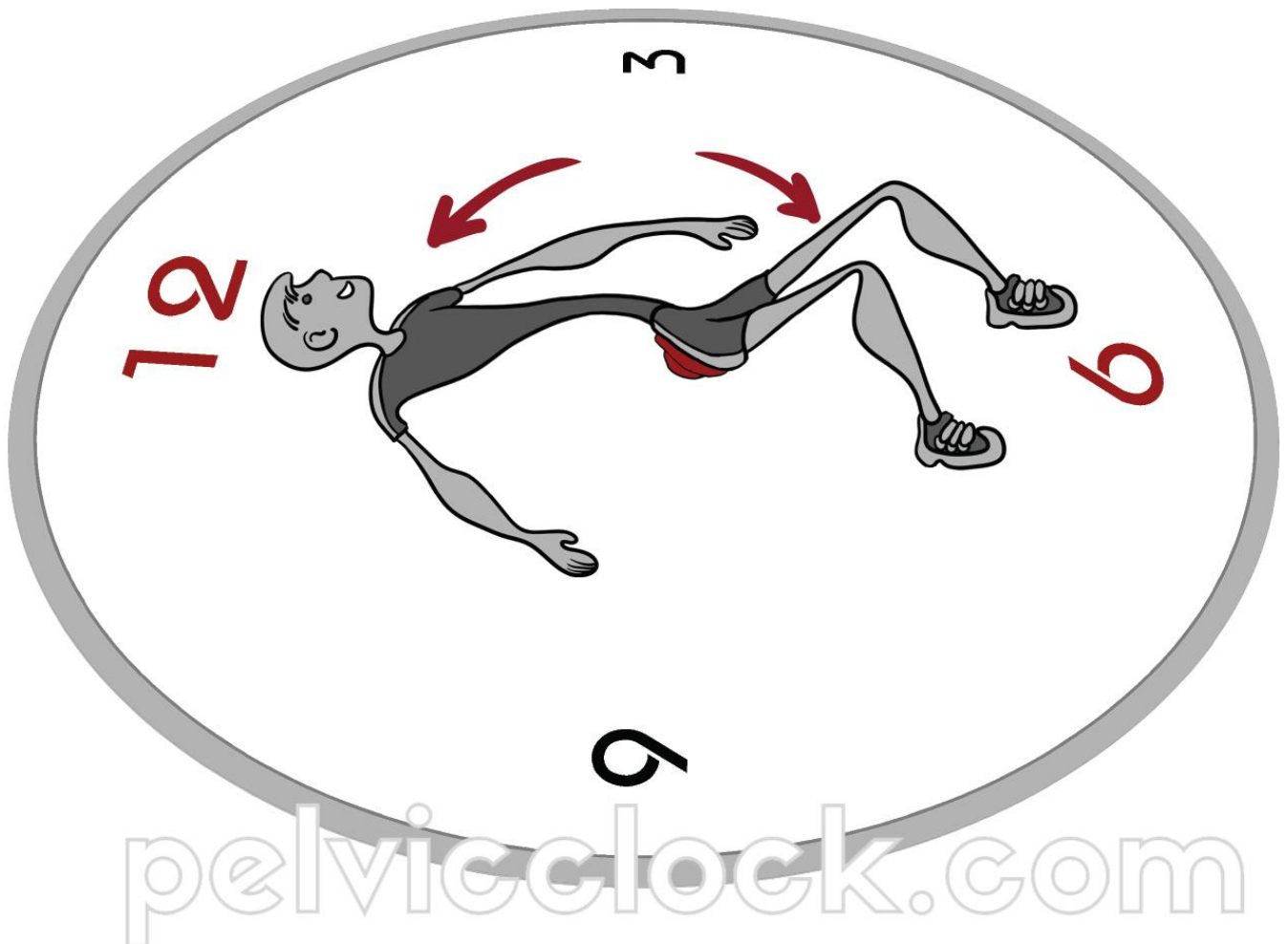
## Exercise "12-6"

Bend your knees and press your feet into the ground.

Slowly tilt your pelvis back toward the **12** o'clock marker (in the direction of your head).

Then take a deep breath and tilt your pelvis forward toward the **6** o'clock marker (in the direction of your feet).

Repeat 10-20 times.



# “Clockwise & Counterclockwise”

Clockwise rotation follows the **12-3-6-9** pattern.

Counterclockwise rotation follows the **12-9-6-3** pattern.

Imagine that the axis of the rotation extends from your navel through the center of the device. Then move your pelvis and hips in a circular direction around that center of rotation.

Repeat 10 times.

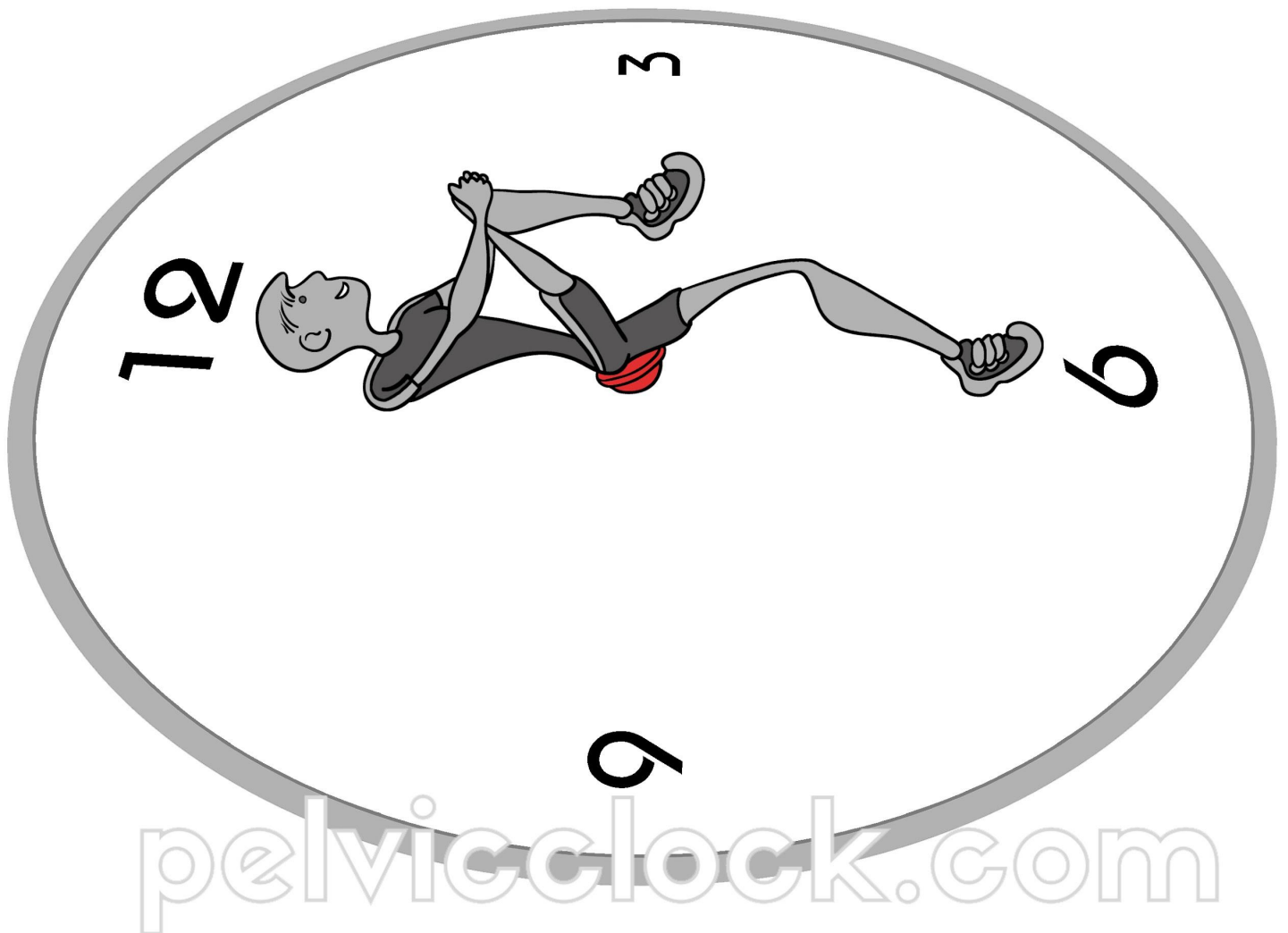


# Knee-to-Chest Stretch

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.



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# Stretches for Hip Alignment

# Exercise "3-9" with feet on the wall

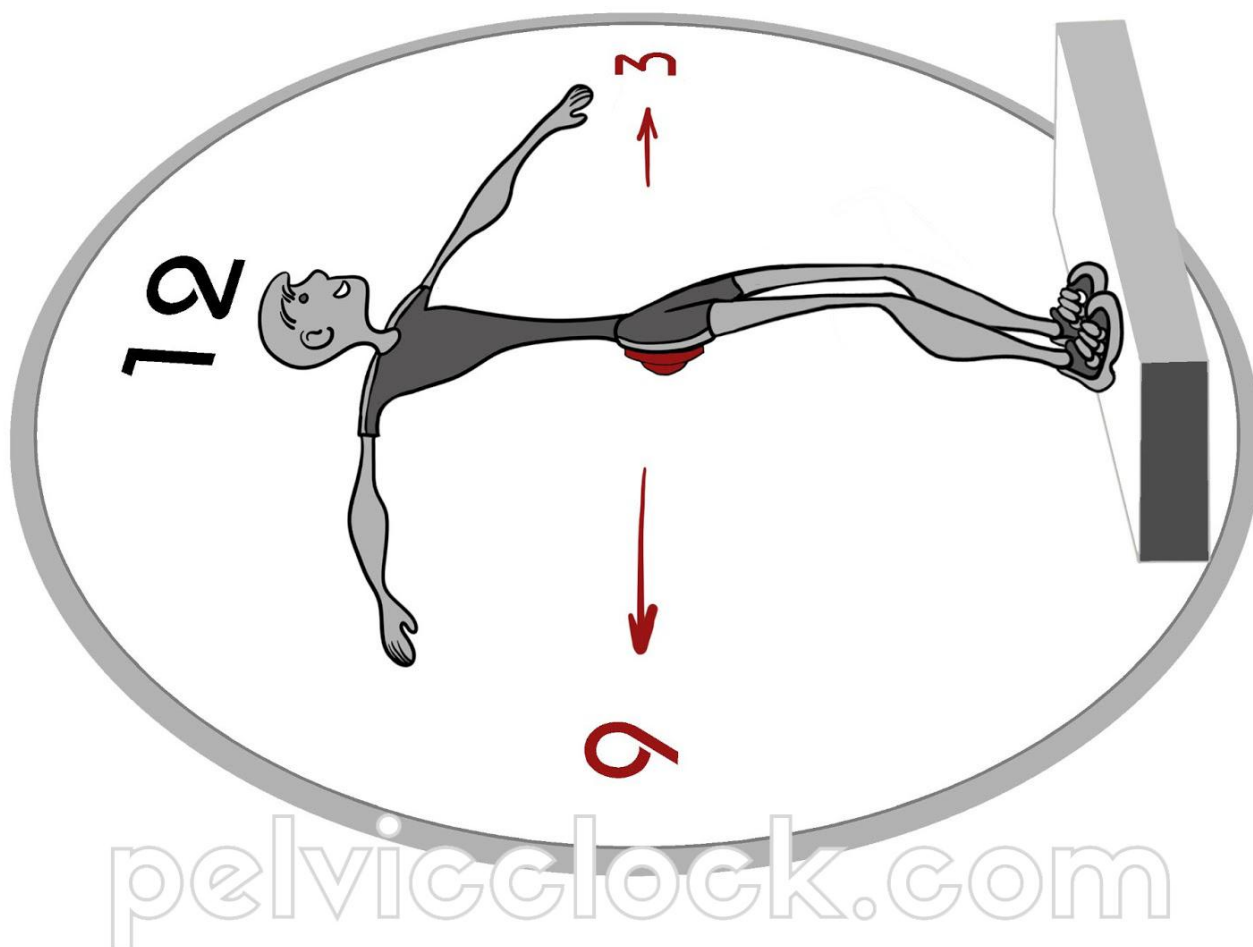
Stretch your legs and place your feet flat on the wall.  
Keep your shoulders firmly on the floor.

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.

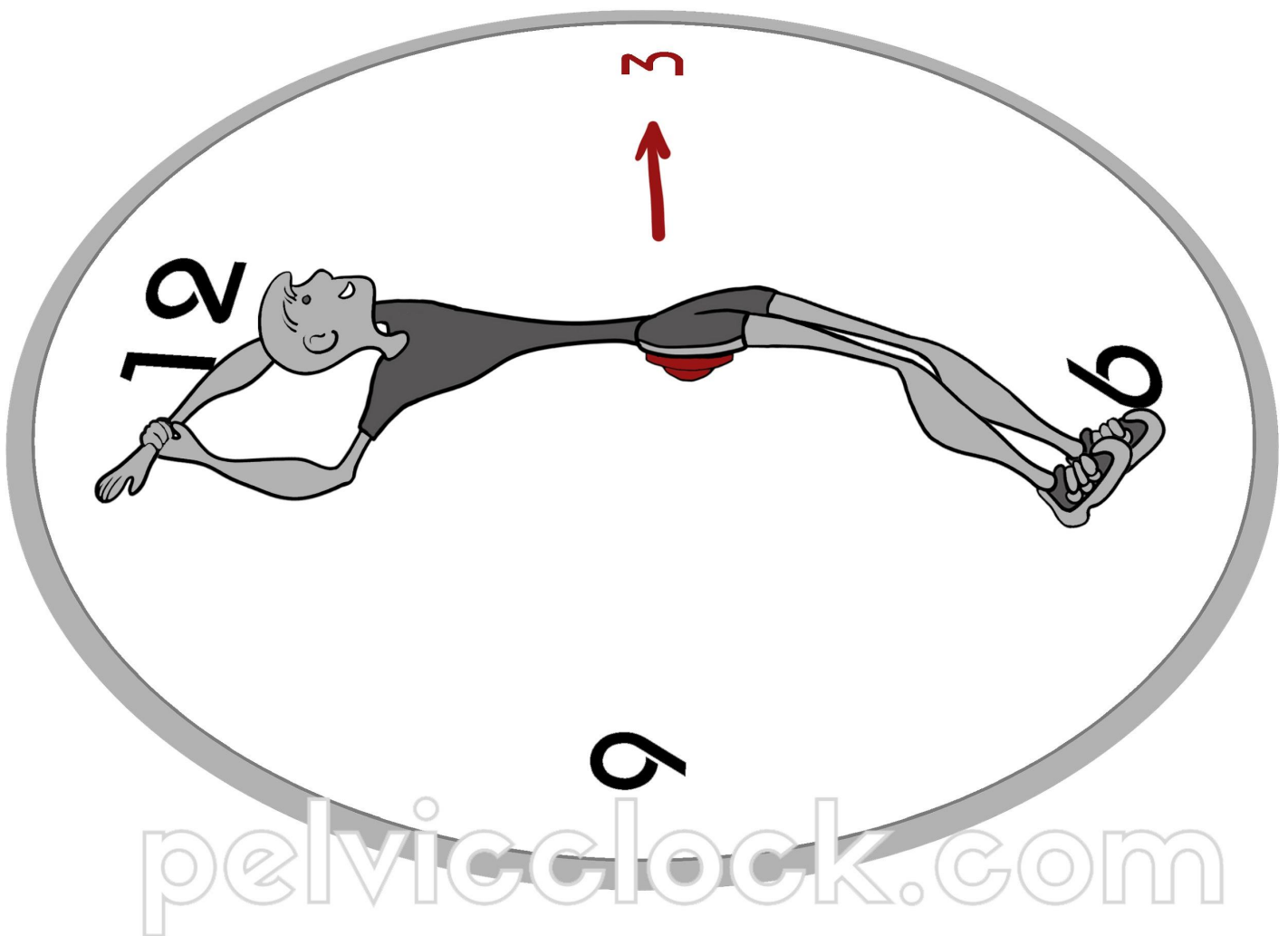


# Side Stretch

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**.





# Cross Stretch

This stretch is perfect for targeting the psoas muscle (a hip flexor), as well as the shoulder.

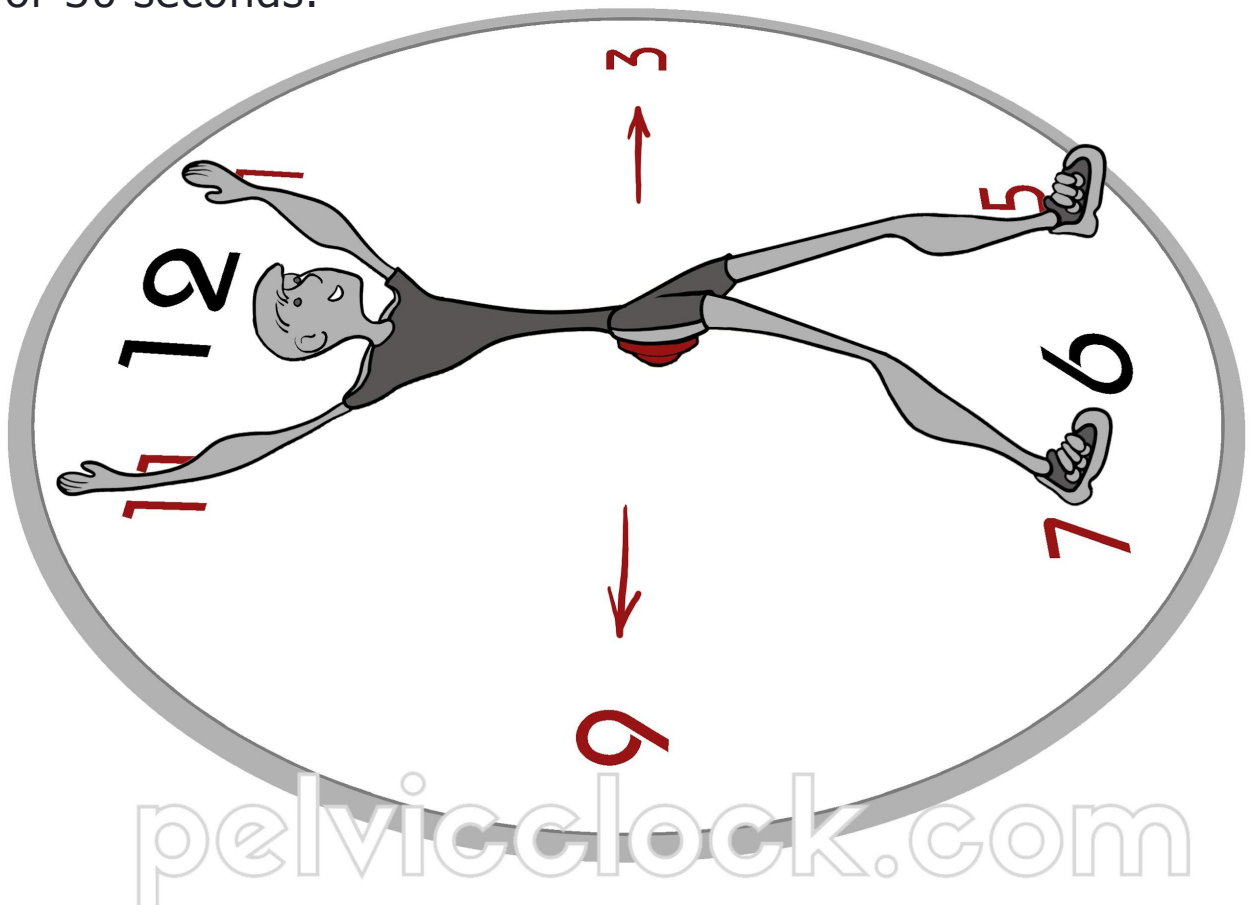
Get into position with your legs and arms stretched wide.

Tilt your pelvis to the left toward the **3** o'clock marker, stretch your right arm to the **11** o'clock marker, and stretch your left leg to the **5** o'clock marker.

Hold for 30 seconds.

Tilt your pelvis to the right toward the **9** o'clock marker, stretch your left arm to the **1** o'clock marker, and stretch your right leg to the **7** o'clock marker.

Hold for 30 seconds.

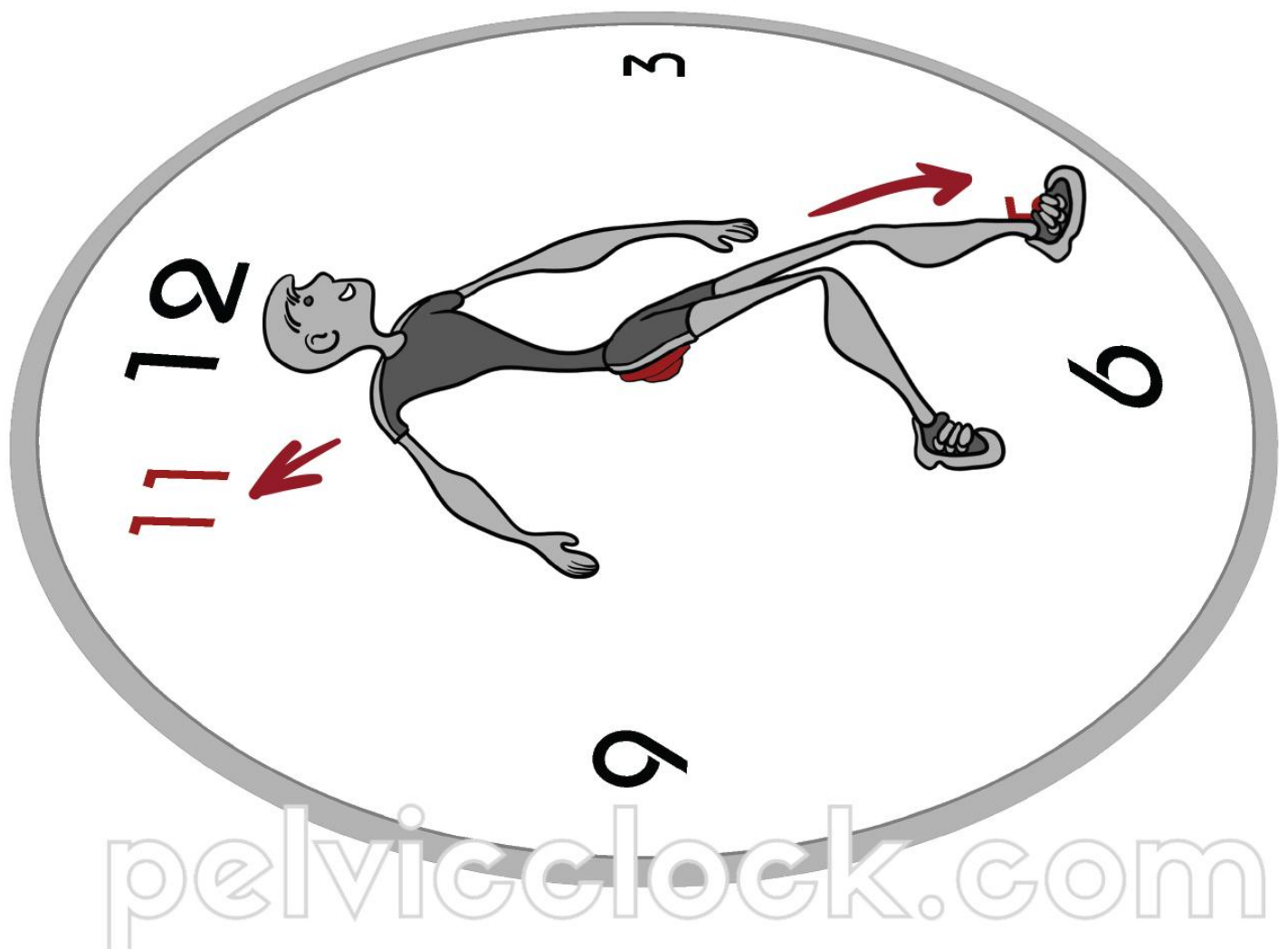


## Exercise "5-11"

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

Repeat 10 times.

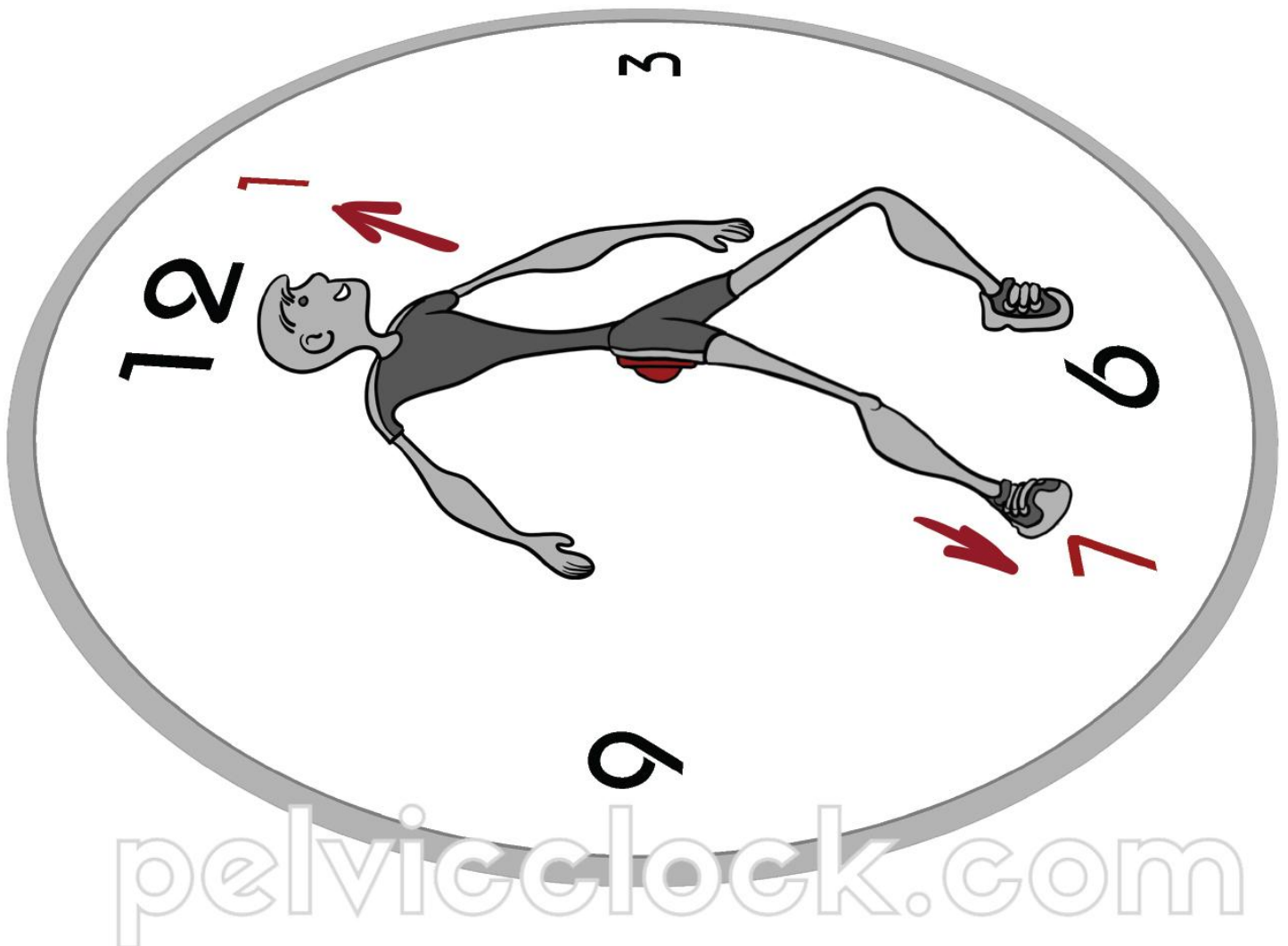


## Exercise "1-7"

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



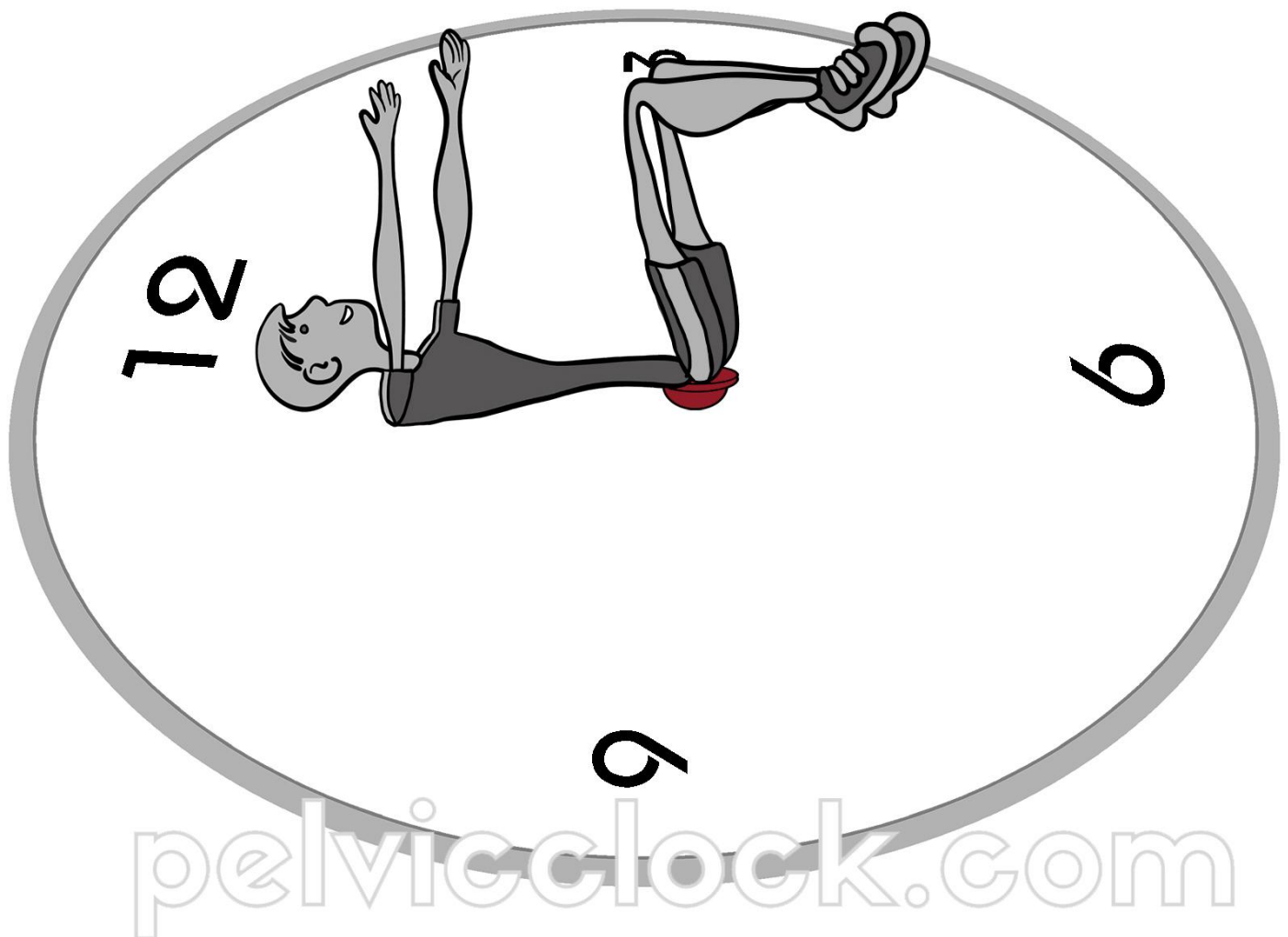
# Dead Bug

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

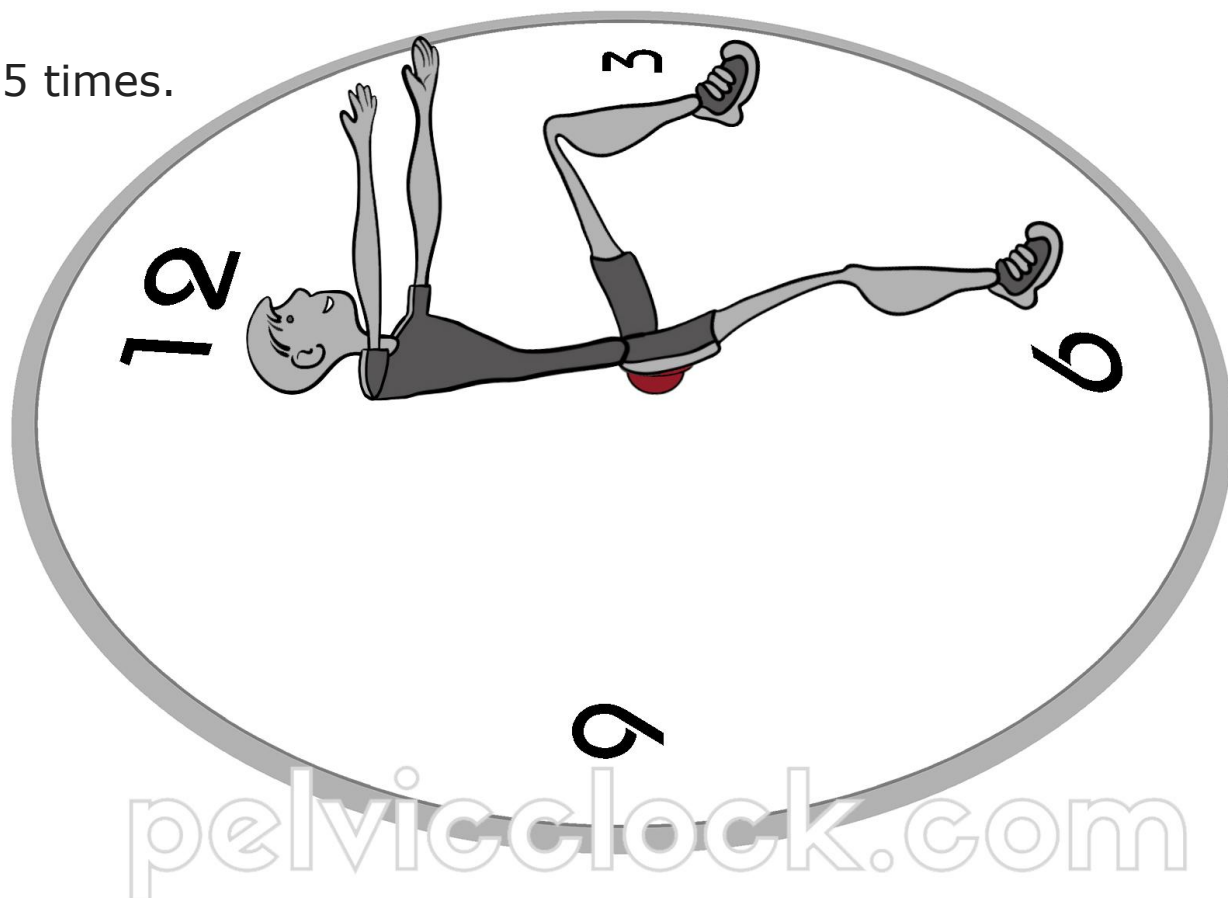
Lift your legs up in the air with your knees bent at a 90 degree angle.

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.



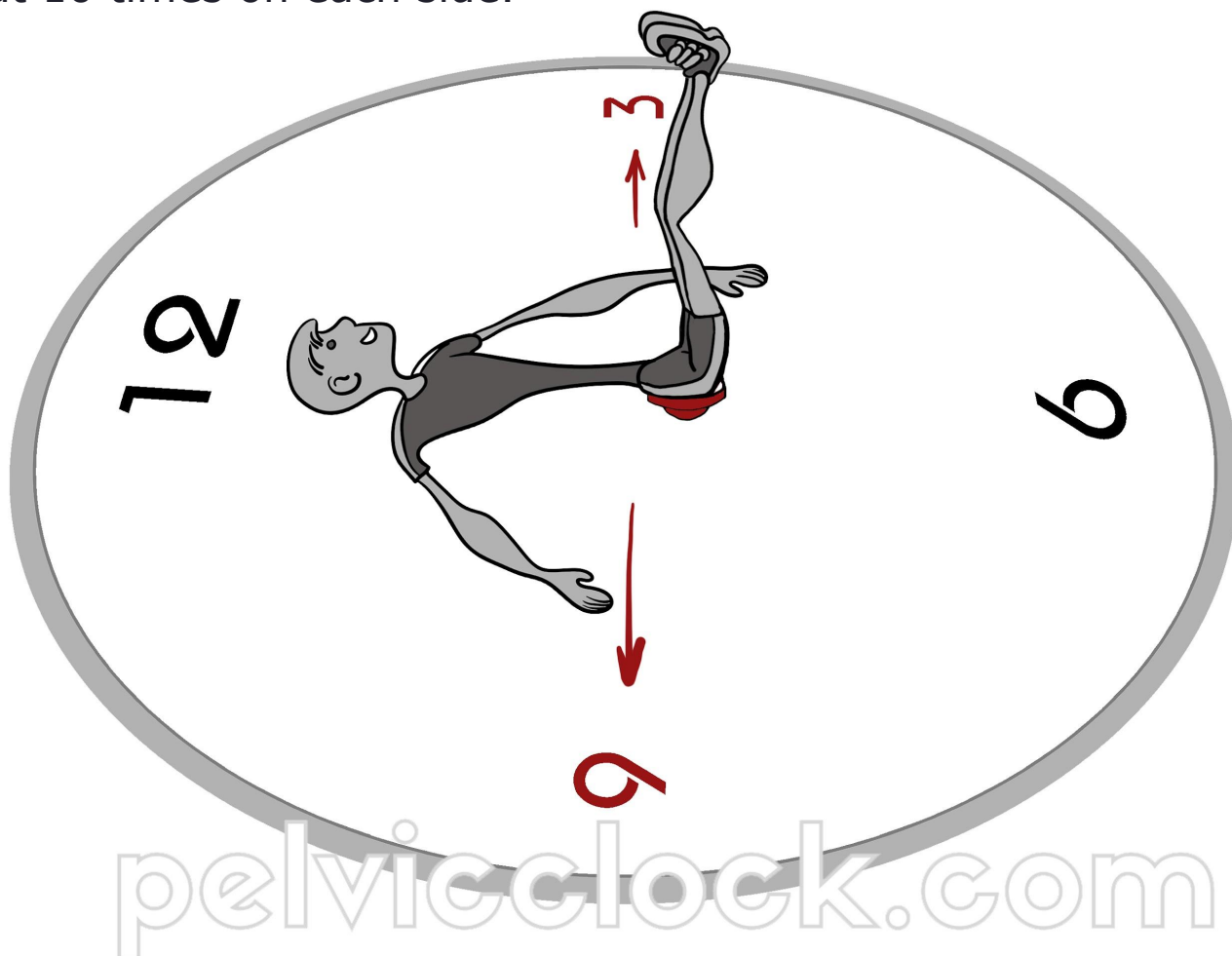
## Exercise "3-9" with legs up

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.





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# Foot Self-massage

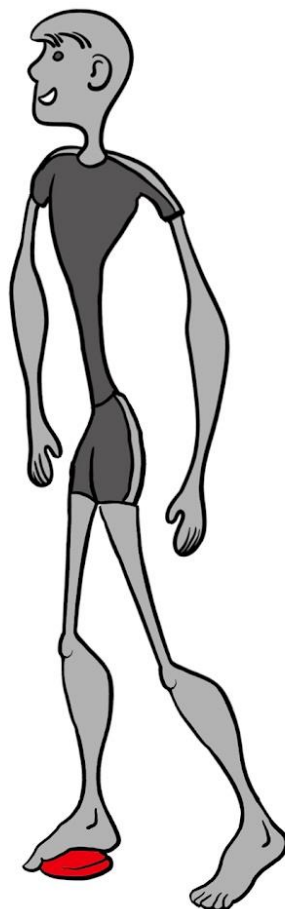
# Plantar Fascia Self-massage

Place the flat side of the device on the floor. Put your foot on the round side of the device.

Hold on to a wall and step up 3-5 times in order to find a trigger point (tight or painful area) on the bottom of your foot.

If standing on the device is too painful, use the “pressure on-pressure off” technique to gradually loosen up the tight area on your plantar fascia.

Or simply stand on the trigger point until you feel a release.



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# Exercises

for

# Overpronators

# Ankle & Piriformis Stretch for Overpronators

Place the flat surface of the Pelvic Clock® Exercise Device on the floor between your feet.

Stand with the outer sides of your feet on the floor and the inner sides of the feet on the round surface of the device.

Wrap your feet around the device and curl your toes to mimic the it's shape with your feet.

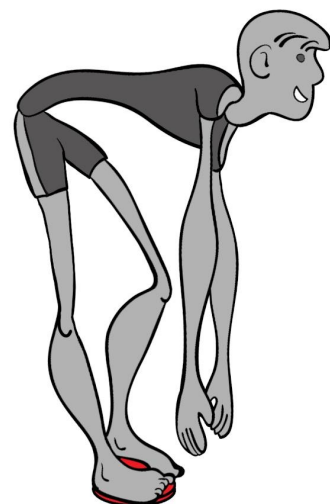
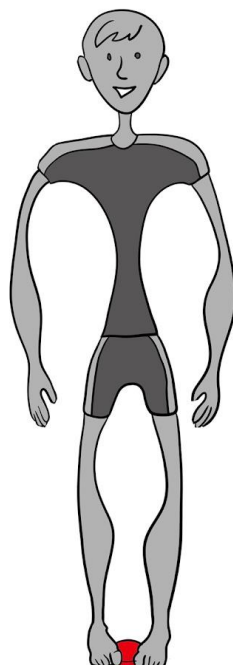
Lean forward and squat like a downhill skier, keeping your knees wide apart with your weight on the outer sides of your feet.

Touch the floor with your fingertips or clasp your hands behind your back and pull your shoulders back.

HOLD this squat for 15-45 seconds.

Then, return to the starting position.

Repeat 5 times.



# Bridge for Overpronators

Lie down with your knees bent. Place the flat surface of the 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 five seconds. Return to the starting position.

Repeat 10-20 times

