

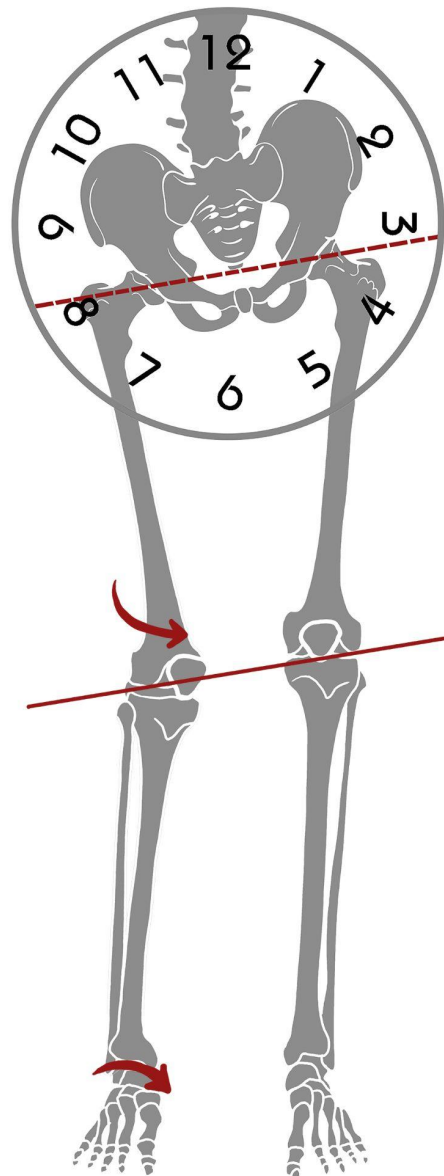
Pelvic Clock®

Uneven Hips

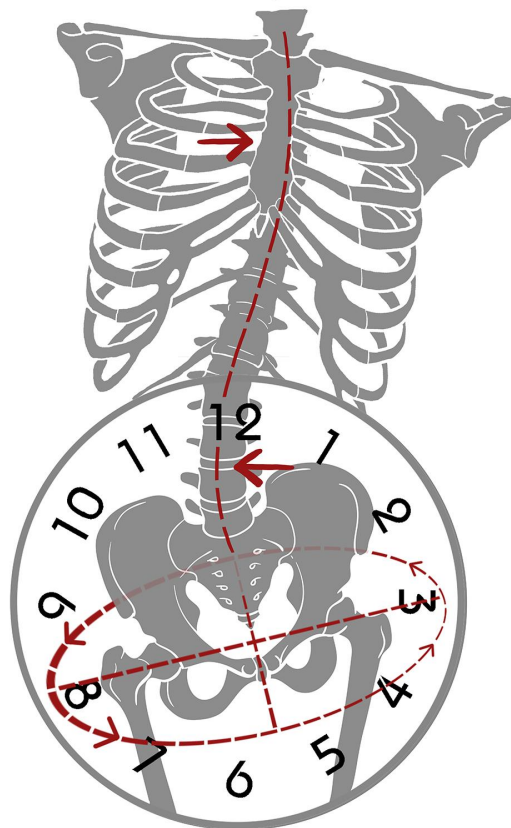
Stretches & Exercises
for
Lateral Pelvic Tilt



Most people are unaware that they lean to one side, put more weight on one leg than the other, or “hang” on one hip while standing. As a result of such postures, the weight bearing side of the body becomes stronger while the other side becomes weaker. Plus, muscles on the dominant side tighten, which causes the pelvis to tilt laterally and the hip to drop.



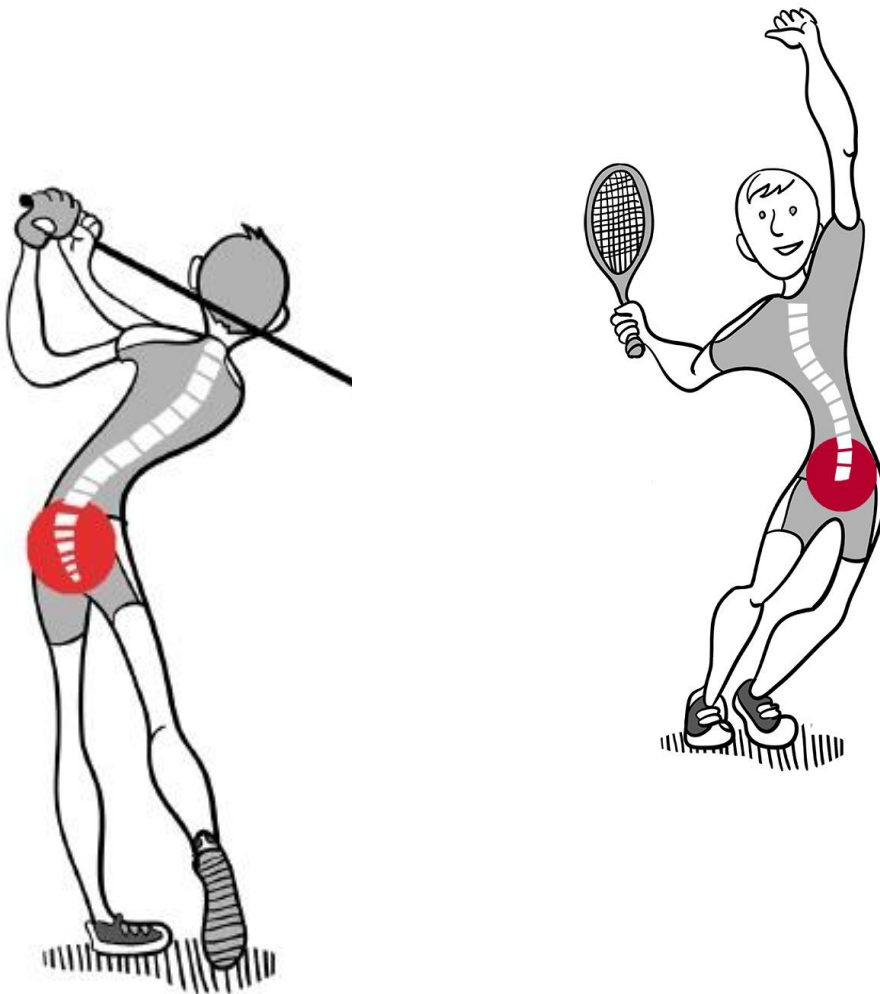
When one of your hips is higher than the other, all your movements become asymmetrical. If you fail to correct the problem with appropriate exercises, the muscle imbalance will inevitably worsen with age and cause hip or lower back pain at some point in your life.



People diagnosed with scoliosis, leg length discrepancy, and asymmetrical pronation of the foot are all at risk of developing hip and lower back pain caused by a lateral pelvic tilt.

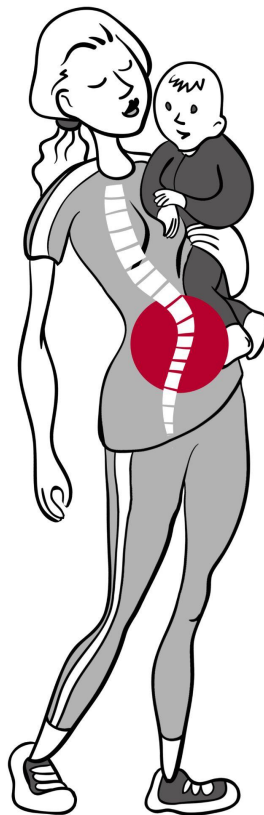
The same goes for athletes who play tennis, golf, baseball, cricket, any other asymmetrical sports, and parents who carry their babies on one arm.

They all should include hip alignment exercises in their regimen to prevent the painful consequences of uneven hips.



The Pelvic Clock® hip alignment workout helps correct a lateral pelvic tilt and improve hip alignment by:

- Stretching the QL (quadratus lumborum) muscle on the tighter side.
- Stretching tight hip flexors (iliopsoas).
- Strengthening the internal and external oblique muscles on the weaker side.



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.

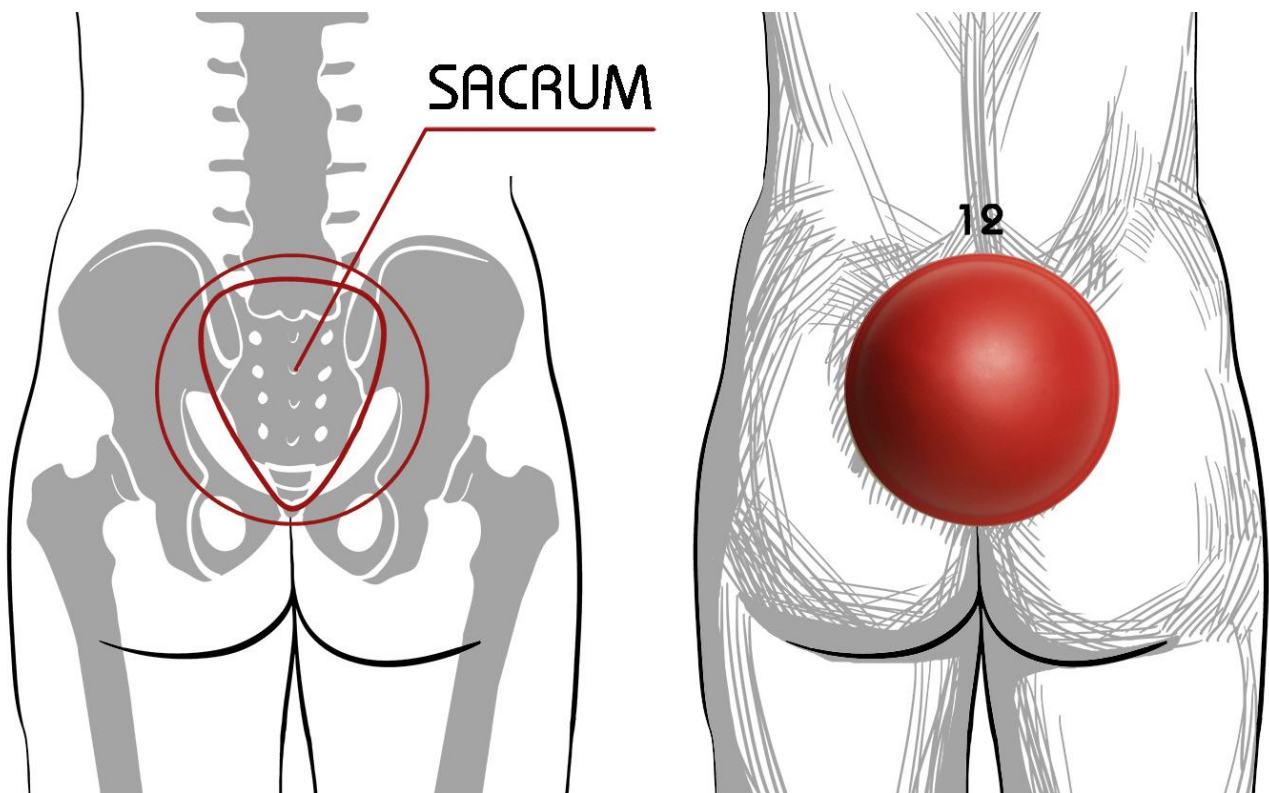
TIPS:

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.

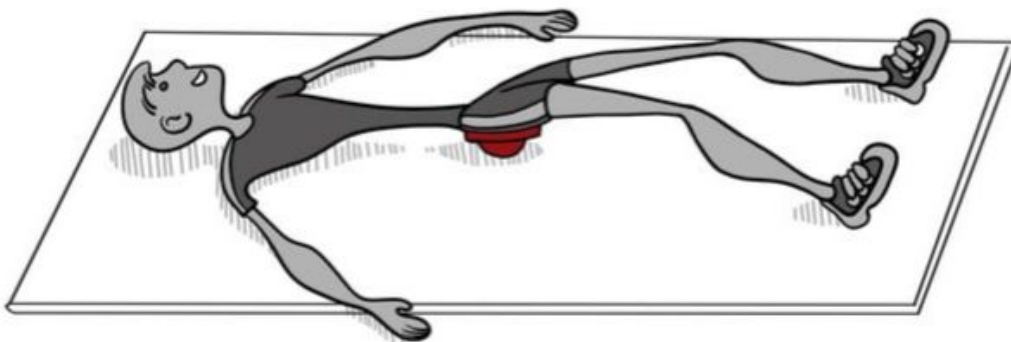
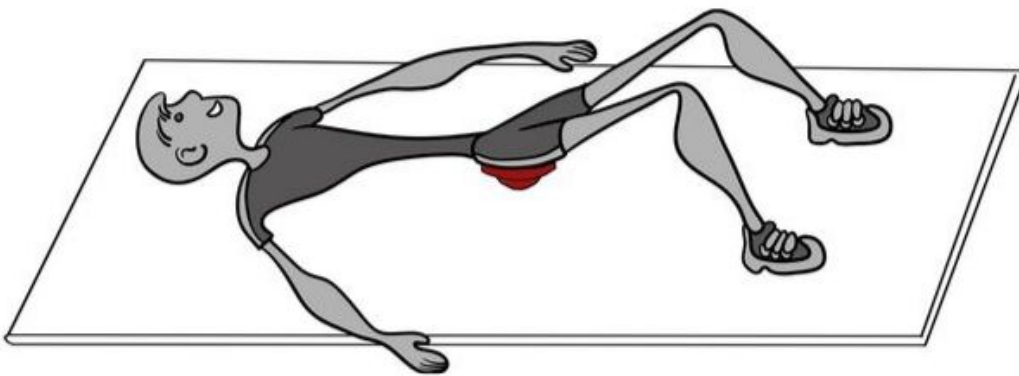
How to Set Up For Exercises

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.

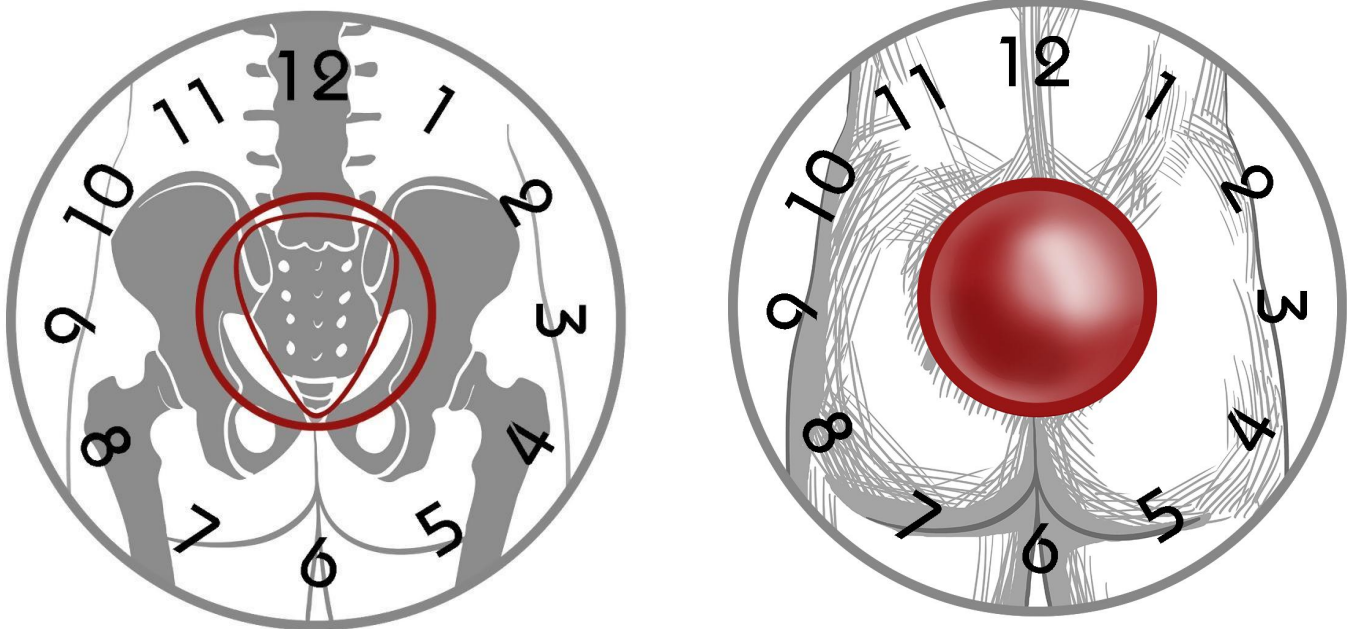


Once you have the device in position, you can just relax on it for a minute or two. Stretch out your legs on the mat or try rocking side to side.



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.

Pelvic Clock®

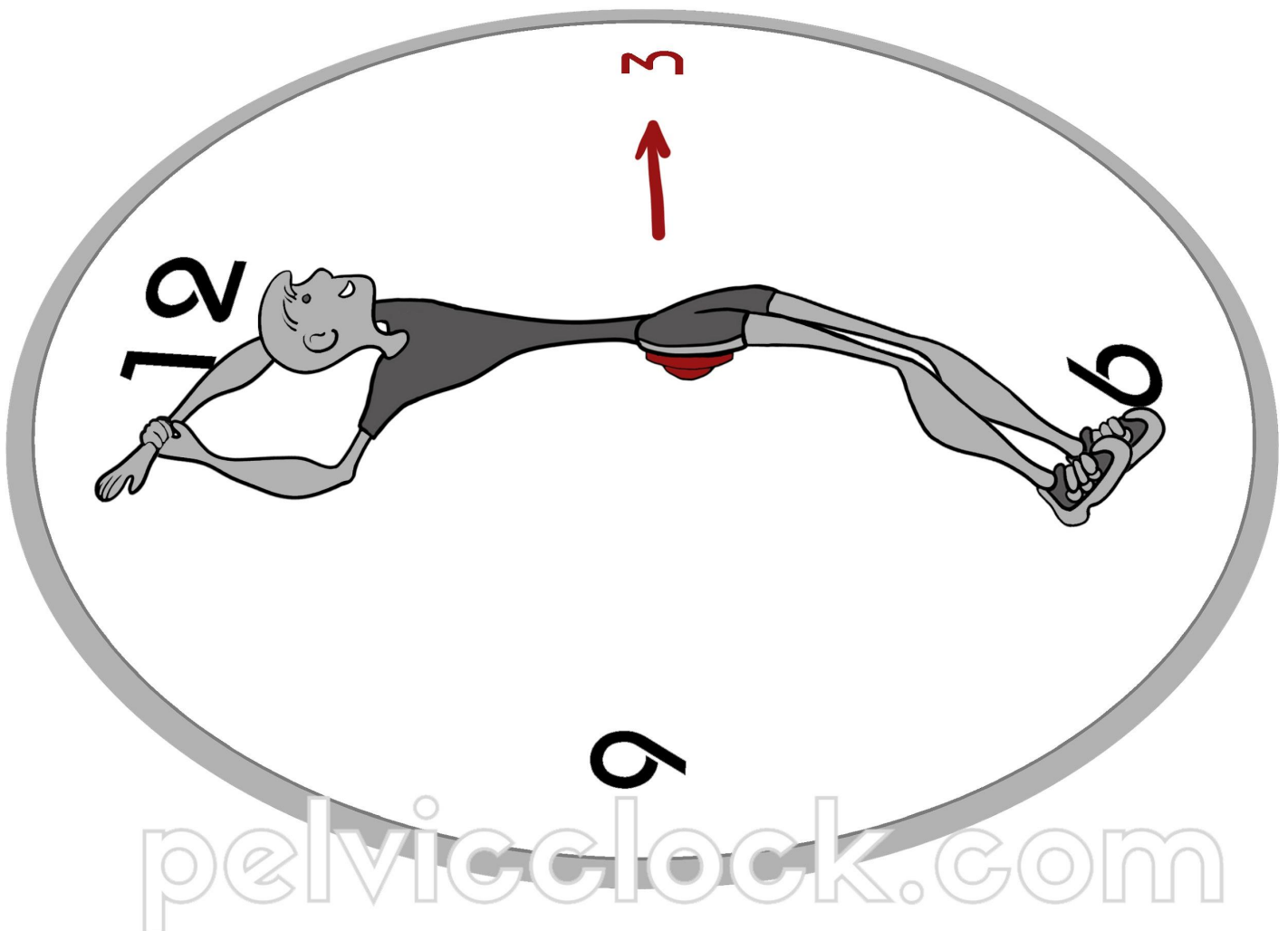
Stretches

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.

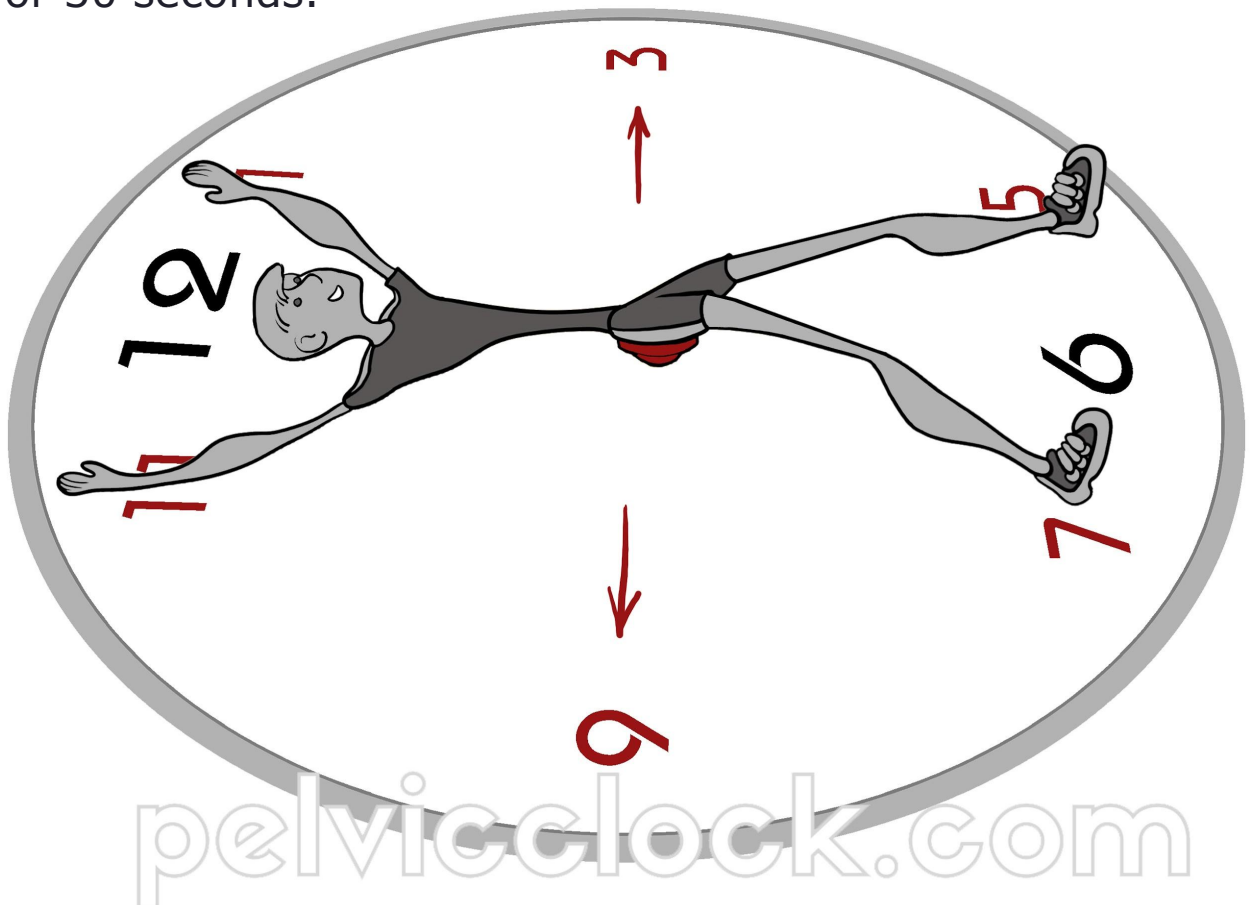
Get into position with your legs and arms stretched wide.

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.

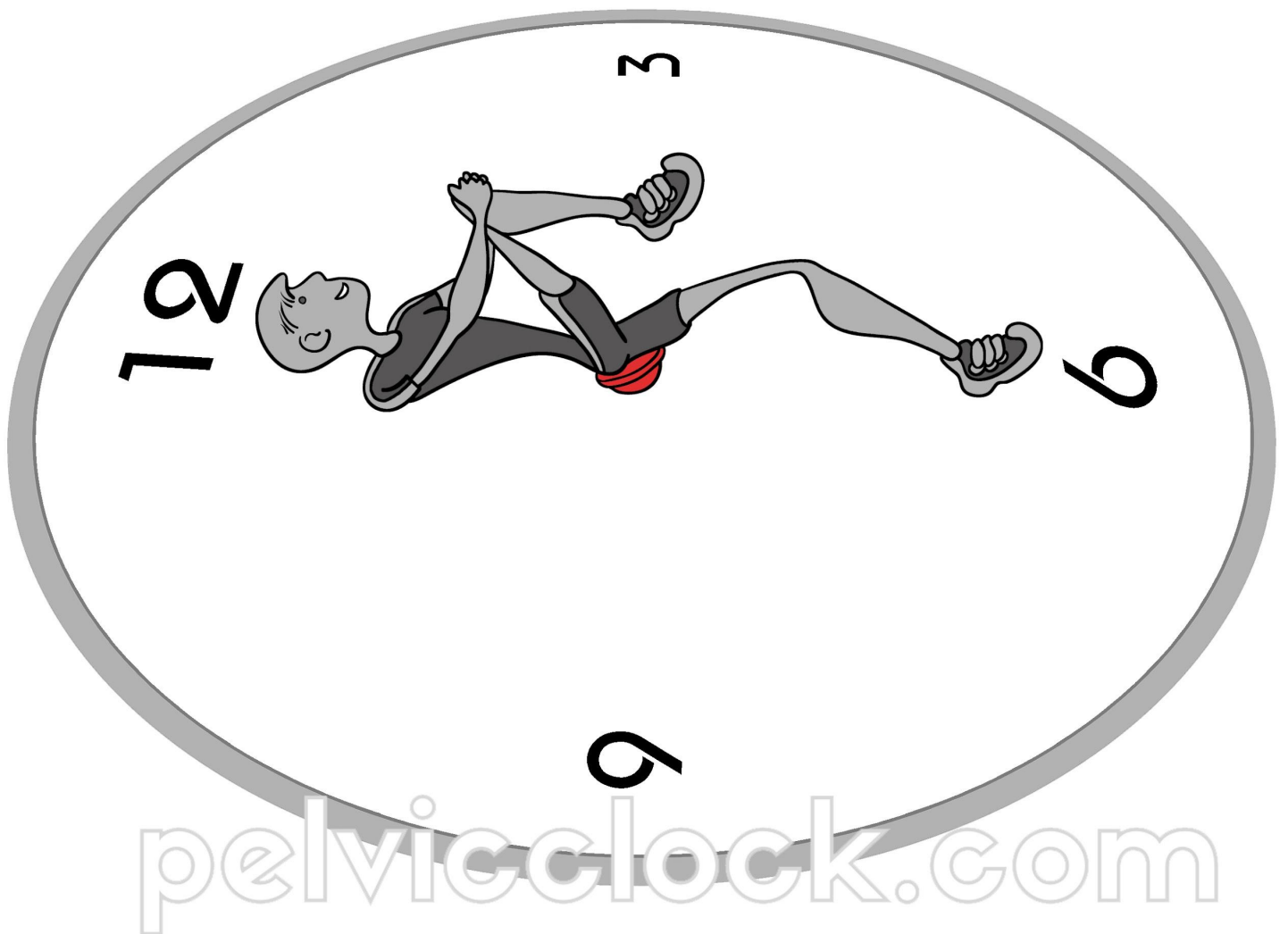


Knee-to-Chest Stretch

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.

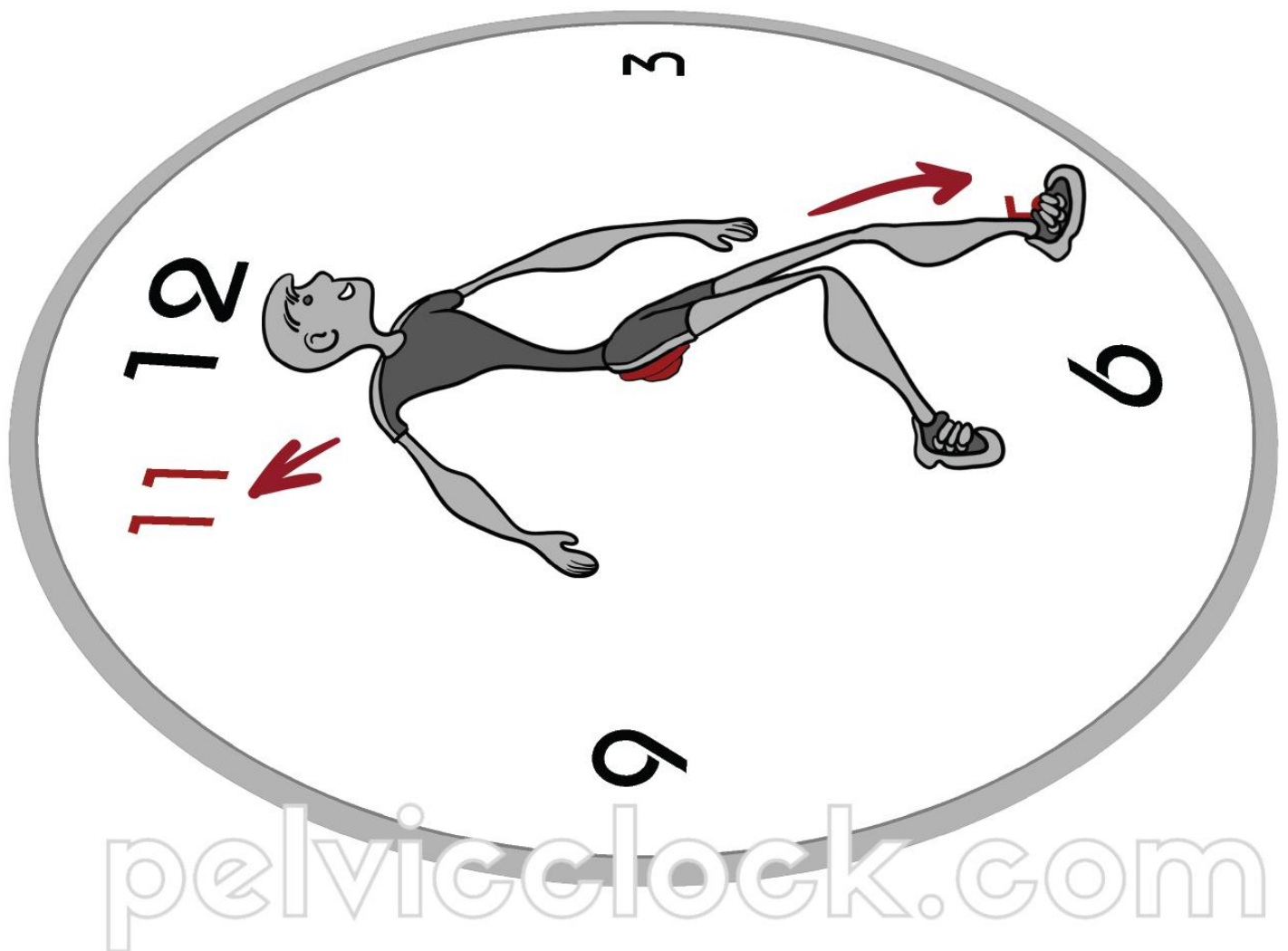


Exercise "5-11"

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.

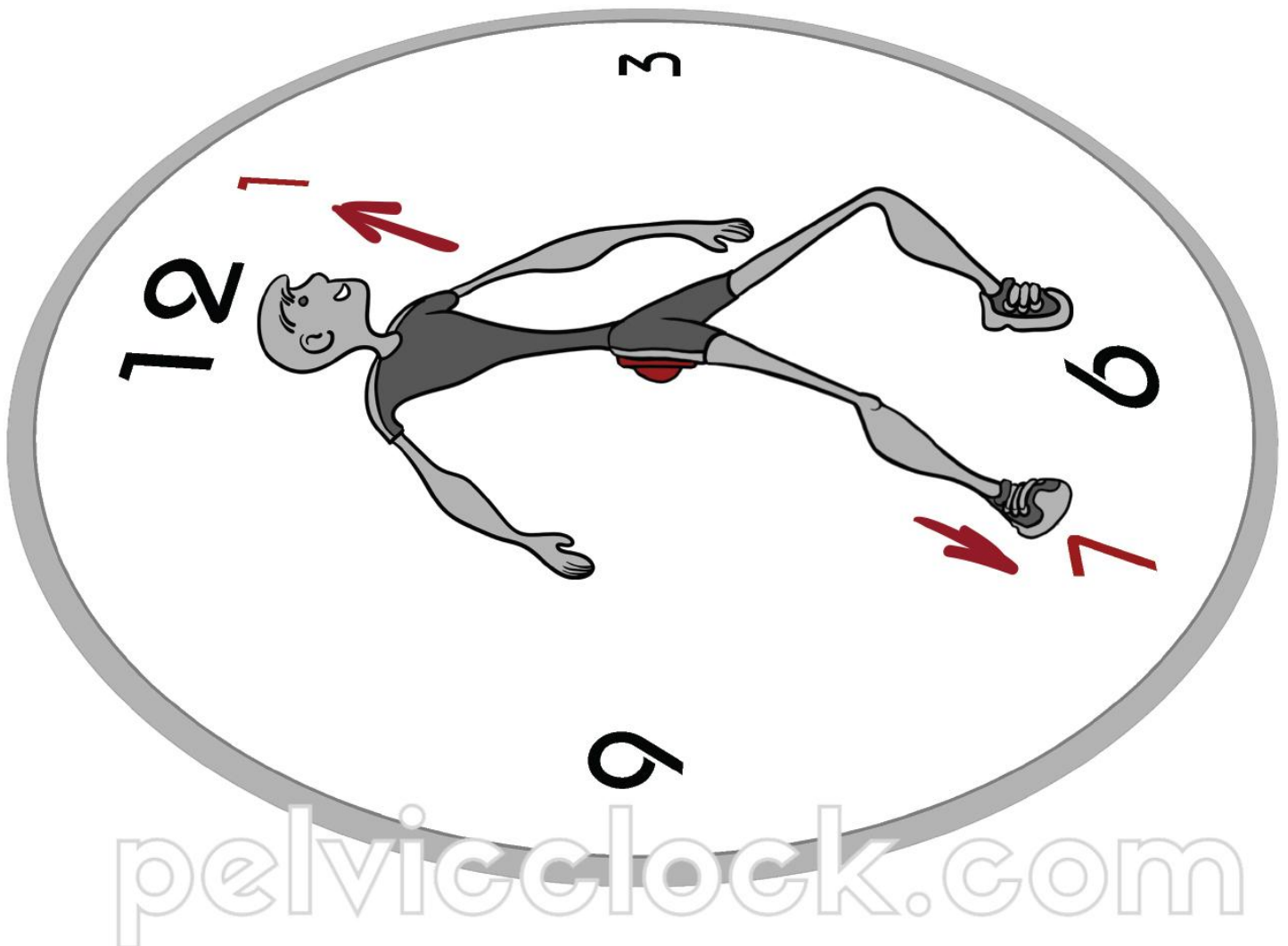


Exercise "1-7"

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.



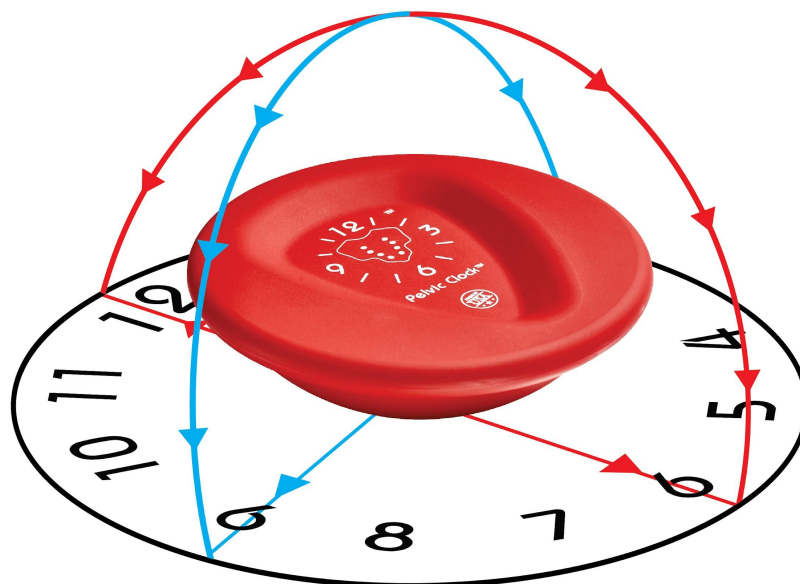
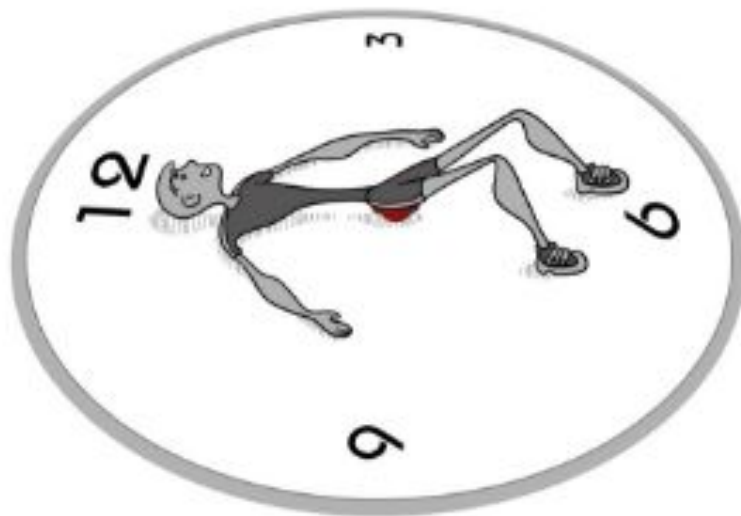
Pelvic Clock®

Core Stability Exercises

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.

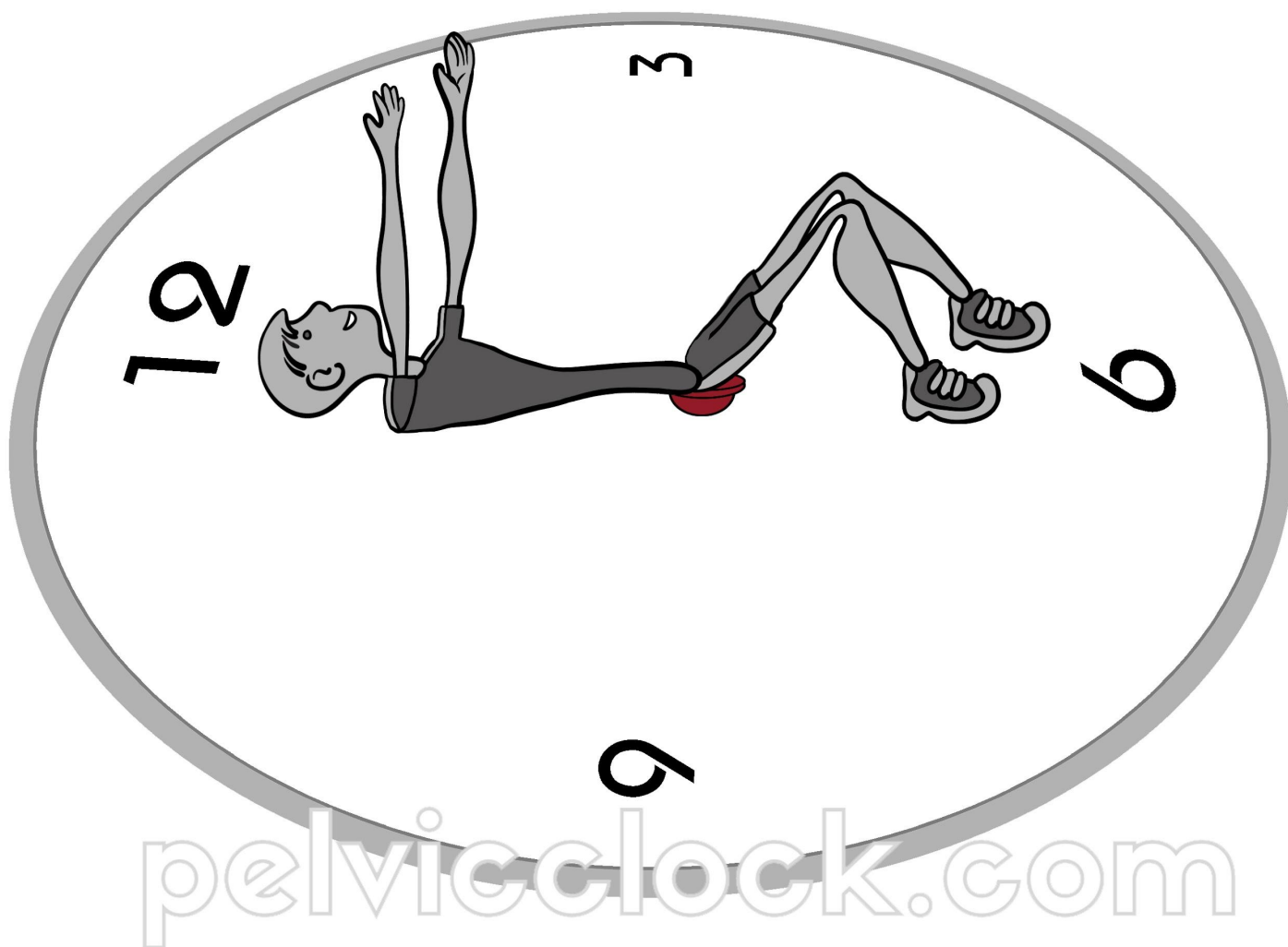


Arms Up

Stretch your arms up. 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.



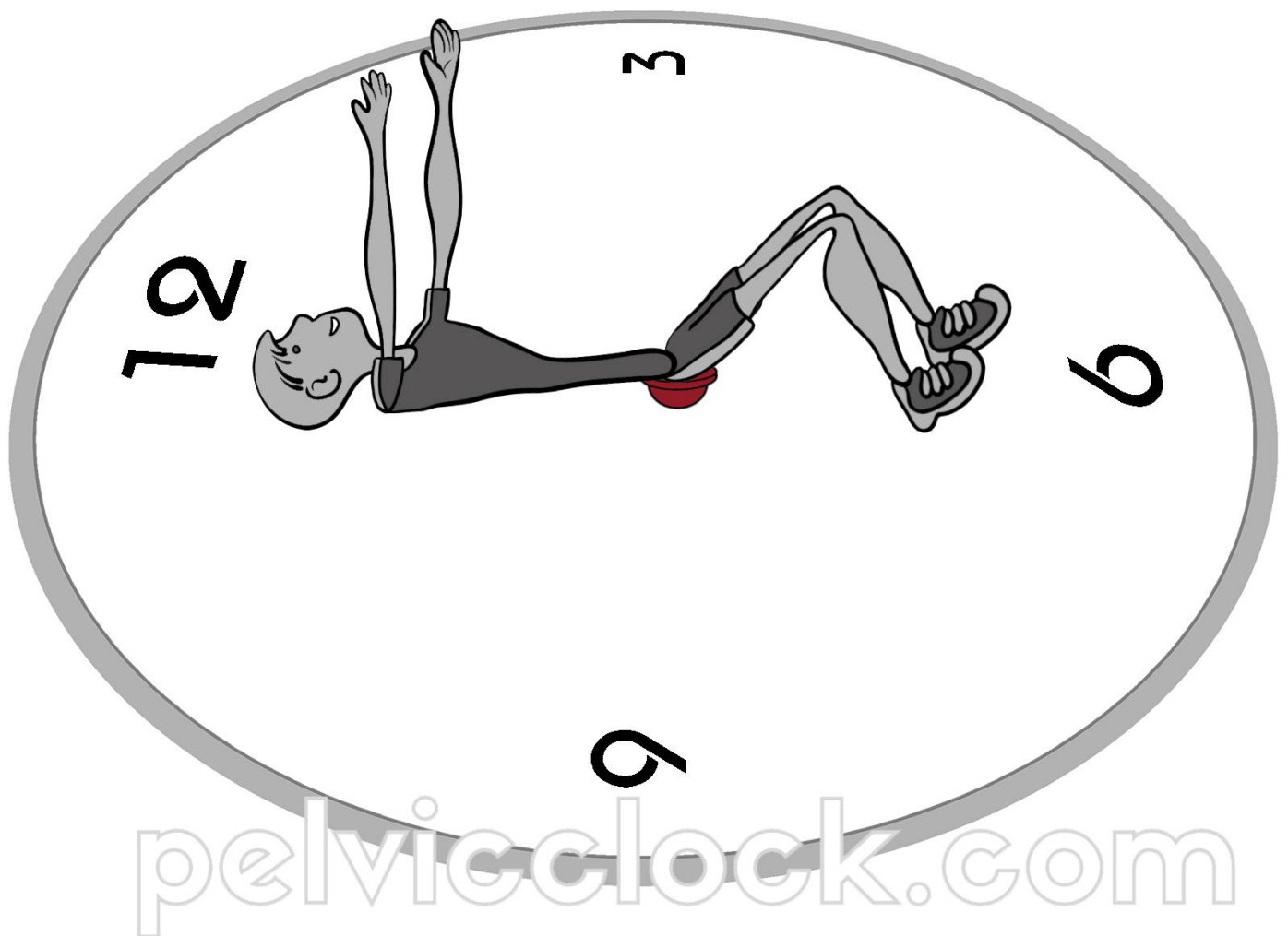
Balance on Heels

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

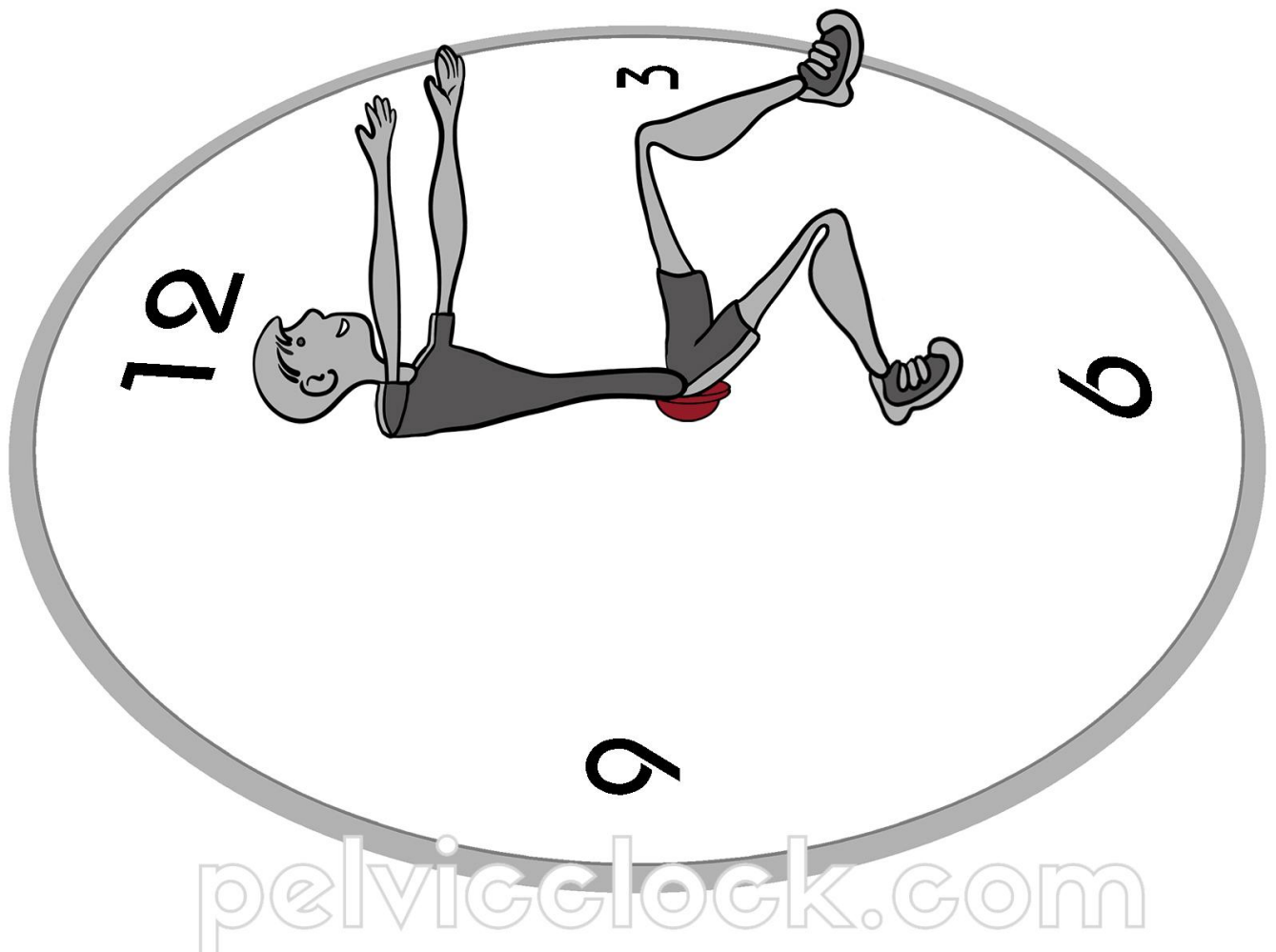
Stretch your arms up. Hands aligned with shoulders.

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.



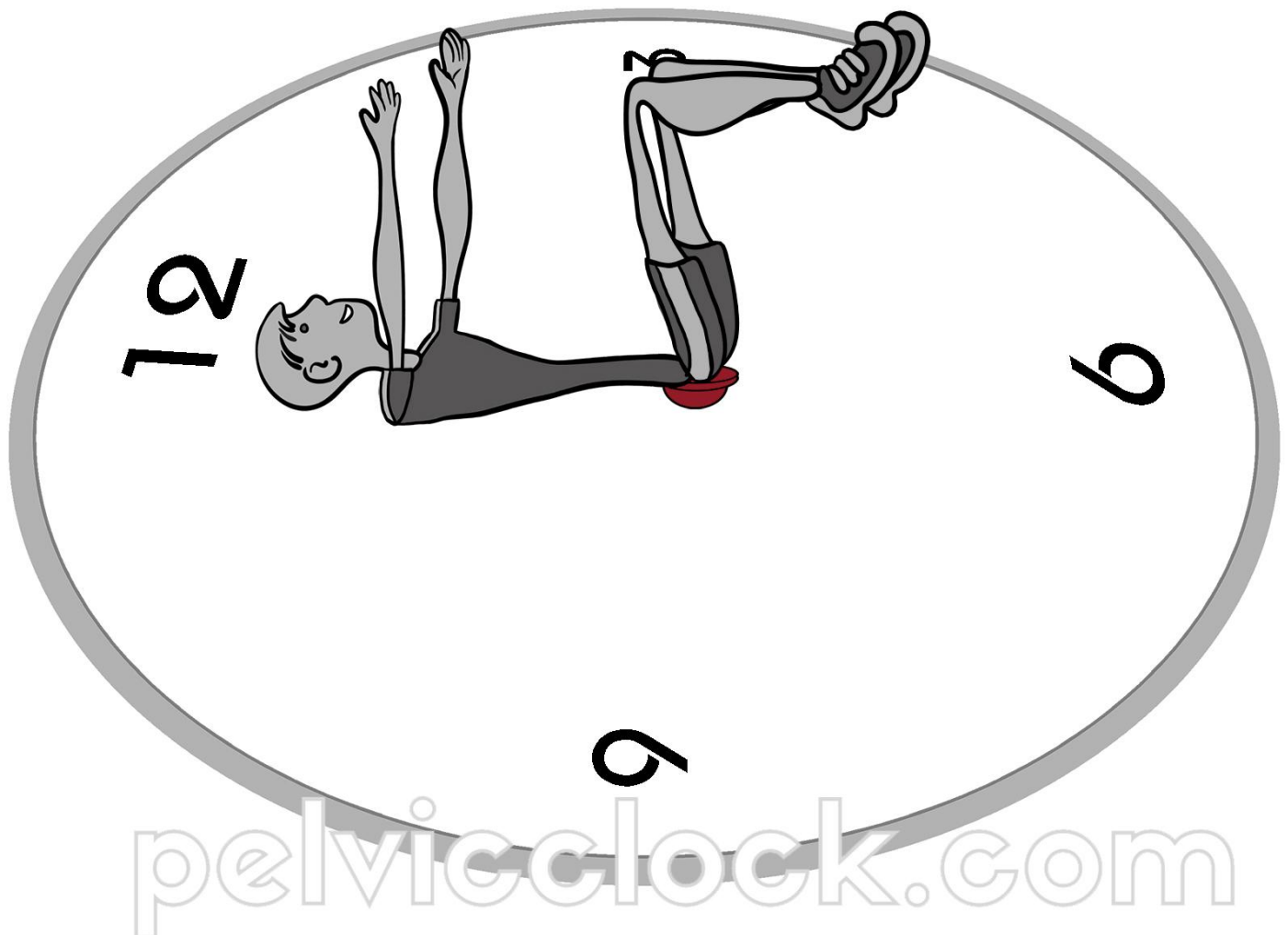
Dead Bug

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.

