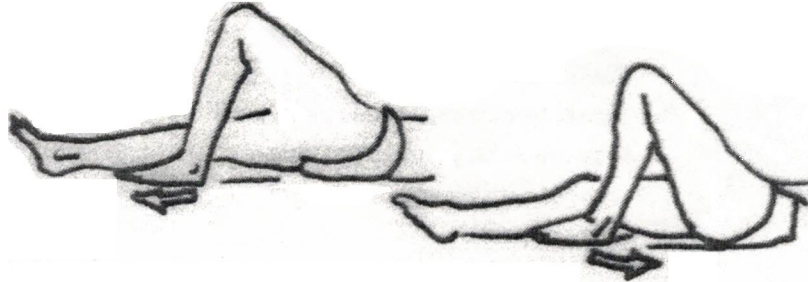


Pre-Symmetry Exercises: Do these on the recommendation of your therapist

Exercise for a Painful Leg (Self-Generated Muscle Energy Technique)



1. Lying on your back, bend your painful leg and place the foot flat on the floor
2. Then try to push that heel toward your body and then away from it, *BUT DON'T ACTUALLY MOVE YOUR FOOT*. You're applying pressure to the ground with your heel, causing a subtle movement in the pelvis. *Rhythmically and slowly* continue applying pressure in one direction and then in the other until the pain lessens. Do this for several minutes.

Now complete the symmetry exercise with bridging

Relieving a stiff pelvis that has poor spring posteriorly (most common form of stiffness)

1. Before doing your symmetry exercise, do a series of stretches with the stiff side(s).
2. Start by pulling the knee of the same side toward the *SAME* shoulder. Hold for 1 minute. Lower your leg.
3. Now pull it toward your center chest. Hold it for 1 minute. Lower your leg.
4. Now pull the knee toward your *OPPOSITE* shoulder. Hold it for 1 minute.

Now complete the symmetry exercise with bridging

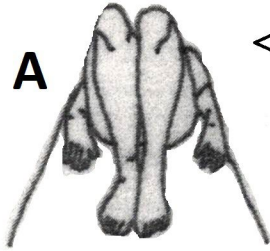
Pelvic Health Solutions



Restoring Pelvic Health
through Physiotherapy

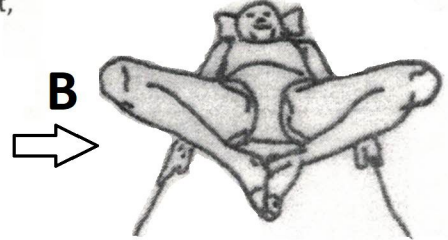
Symmetry exercise- long version

This exercise is very important and provides the basis for all other exercises that follow

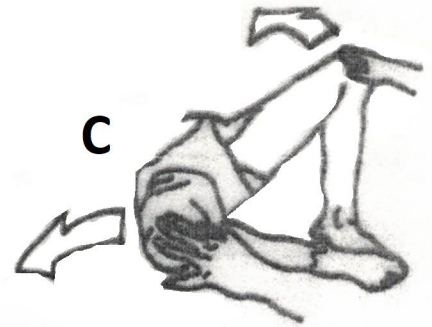


A. Lie on your back with your knees bent, legs and feet together, and feet flat on the floor.

B. Slowly spread your knees apart until they are as far apart as possible without causing you discomfort (edge of pain).



- C. Place the soles of your feet against each other. Mentally release and relax any tension or resistance in your hip joints.
- D. If this exercise is too painful, do it gently with the help of a partner or therapist. The person who helps you should sit at the end of your feet and hold their hands on your knees. Applying light pressure with the fingertips, your helper opens your knees outward toward the floor, moving steadily and surely in a clean line. *Note:* The helper must follow the direction of the arrows, moving the knees not just downward, but also away from the helper. For some women, a slow downward movement is easiest; for others, gently bouncing the knees one or two inches up and down in an alternating pattern (left down, right down, left down, etc.) using small, quick movements, helps to increase the stretch and overcome resistance. It may help to rhythmically tense and relax your buttock muscles (together or alternating) when the knees are almost down.



**BE PLAYFUL; ASK FOR MAXIMAL RESISTANCE IN ABDUCTION AT DIFFERENT POINTS AND LET GO:
ONE HAND IS PROBABLY MOBILIZING MORE (THE SIDE OF RESTRICTION) PATIENTS CAN HELP
THEMSELVES BY PUTTING THEIR HANDS ON THEIR INNER THIGHS AND PULLING TOWARDS
THEMSELVES AS THEY RELAX THEIR KNEES OUT**

- E. Before standing up again, tighten your buttocks four or five times until doing so doesn't hurt any more. Then lift your pelvis from the floor a few times (like a bridge) until it feels easy to do so.

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