

The Stretches **(Pelvis-Squaring Stretches)**

These four stretches are specifically intended to *square the pelvis*. They may seem similar to other stretches, but are most likely different. Please follow the instructions carefully and observe the DOs and DON'Ts section below.

When done correctly, you may feel that little or even nothing is happening, because it takes very little to square the pelvis. Also, it takes very little to un-square the pelvis. When the pelvis becomes un-squared and remains that way, the body compensates, often causing pain in areas such as low back, upper back, neck, head, jaw, shoulder, elbow wrist, hand, thigh, leg, foot, etc... Correcting your pelvis twice a day with these stretches will prevent this compensation. 6 of the top 20 reasons that people see a physician are due to pain and this can mostly be prevented in these four stretches.

Stretches DOs and DON'Ts

PLEASE DO	PLEASE DO NOT
Relax your body	Stretch if it increases your pain
Each stretch for 30 seconds	Force the stretch (any motion)
In bed or on the floor	Change the stretch
	Stretches 1 and 2: <ul style="list-style-type: none">• Pull knees to your chest
	Stretch 3: <ul style="list-style-type: none">• Get knees too high before placing to side• Force neck range of motion• Force knees down to floor• Force back flat or hip down
	Stretch 4: <ul style="list-style-type: none">• Forget to hold onto something stable• Stand with too narrow stance• Point toes out• Have back foot flat (you should not feel this in the calf)• Arch back (you should not feel this in your back)• Step too far back (you should not feel this below mid thigh)• Put too much weight over front leg (this should not fatigue your front thigh)

Stretch 1

Lying on your back, bring one knee up and hold it, comfortably with both hands, fingers clasped, for 30 seconds. Do not pull the leg to the chest; it should be held at arms length from your body without pulling. Your opposite leg should be straight and flat. Repeat with other leg.

**Stretch 2**

Lying on your back, bring both knees up at the same time and clasp hands around knees. Relax arms and the rest of the body. Hold for 30 seconds. Do not pull the legs to the chest. They should be held at arms length from your body without pulling.

**Stretch 3**

Lying on your back, place your arms straight out to the sides and bend knees until feet are comfortably flat on floor (or bed) and exactly 9 inches from your buttocks (use a ruler). Gently drop both knees to one side and turn head in opposite direction. Do not force the stretch; the position should be easy and relaxed. Hold for 30 seconds. Repeat on other side.

**Stretch 4**

While standing, hold something stable with one hand. Begin with feet 16 inches wide and pointed straight forward. Bring one leg straight back 12 inches behind other foot (and still 16 inches out) and stand on the ball of the back foot. Weight should be evenly balanced on both feet. Now, turn the back foot so the very tip of your 2nd toe on the back foot is pointed exactly straight. You should notice that this causes the back heel to go out slightly so you feel a bit pigeon toed. Bend both knees very slightly. You should feel a mild stretch or warmth in the front of the upper thigh of the rear leg. Hold for 30 seconds. Repeat with other leg.

