

FINDING ORGANIZED HIP BY ROLLING PELVIS L AND R.10/18

Finding organized hip by rolling pelvis L and R / Also bringing into table's awareness at start of lesson how much more can roll pelvis one way then the other and being able to show big difference by the end of the lesson.

(One knee or foot on table, can ask student to move closer to you.)

Two ways to find which way pelvis rolls easies

(it is helpful to have different ways to ask the same question and get the same answer!)

1. You are going to press and lift side to side, not with arms, but with your weight. You reach further sensorily into table's lumbar and ribs.

2. Two positions.

1. Hands holding each side of pelvis, palms over ASIS. Outside base of each thumb catches a purchase on the inside rim of each ASIS. Take a moment to bring your weight into the back of their pelvis. It should feel good to both of you. Then with your hands and the front of their pelvis as one bone, shift your weight to one side bringing the pelvis to that side feeling the challenge of the turn in the lumbar. Test other side. As you repeat it will get clearer to both of you that one turn is getting easier and the other turn is becoming more resistant.

2. Same as #1 one except knuckles under one hip, and lift, press down other side.

(Over)

LENGTHENING LUMBAR AS WELL AS FLEXING AND EXTENDING THEM.

Excellent test for beginning of lesson and then retest at the end of lesson. Excellent integration at and of a lesson

FLEXION -Hands on ASIS. Use your weight to press back of pelvis into table and wait. Should feel good for both of you. Then you lean back and your hands go forward. Slightly rocking the bottom of the pelvis upward and packing joints, compressing the intravertebral spaces of lumbar and low thoracics upward as well as backward. Your intention is flexion not just at L5 but as high up as possible as well. Release pressure and direction. Repeat.

EXTENSION - change hands to bring the outward base of each thumb below each ASIS, Wrists rotate slightly outward. Your hands, their pelvis, become one bone. Again use your weight to press back of pelvis backwards into the table. When you are both ready, you move yourself forward, and your arms move backward in traction and lengthening. The bottom of the pelvis tilts slightly backward, the top slightly forward, but mostly there is a sense of lengthening and space being created between the top of the sacrum and L5 and all the lumbar vertebra above, and perhaps even some low thoracic vertebrae. Release traction. Repeat.

WITHOUT REMOVING YOUR HANDS, ALTERNATE. Invite flexion in length and extension in length. Read doing this at the end of the lesson should demonstrate an increased range of flexion and extension and an increased kinematic linkage up and down the spine.

(Over)

