

# HEEL UNDER PELVIS Dec 2016

Review when lifting the head with the hand to 1) let neck be passive, and 2) elbow up to ceiling.

## Part 1

1. TEST 1: On back. BK. Slowly lift both soles of the feet 1/2 inch off the floor and place back down, a few times. How difficult or easy is this? Where do you feel the effort?
2. TEST 2: On your back. BK and the soles of the feet on the floor. Note the way you are lying. Place the ankle of the **O** leg across the other knee in a way that would put that ankle not on the knee cap, but on the leg just above the knee (toward the waist). Let your **O** knee be out to the side as far as is comfortable. Lift the foot of the standing leg off the floor taking your **O** knee toward your chest. Make this a very small movement, S.T.
3. Reverse everything and do the same movement, S.T.
4. TEST 3: Return to the starting arrangement. Take the hand opposite the O leg to the **O** foot and hold it from the outside of the foot, the little toe side. The hand is sandwiched between the foot it's holding and your other bent knee. Place the other hand behind the head.

**Keeping the the standing foot on the floor** and using the two hands to help, move the **O** foot and your head towards each other and away, S.T. You don't have to lift the head very high, but think about moving the head and foot together at the same time. Which parts are moving now? What's happening in your chest?

REST Where do you feel changes?

5. Reverse everything now and do the same movement, S.T.

REST

6. BK again and place ankle of the **O** foot on the other knee. Let that **O** knee hang out to the side as much as comfortable. Place the hand on the same side as the **O** leg behind the head, with the elbow pointing up to the ceiling. Lifting the standing foot off the floor, bring the standing leg and head together in three different ways. [Let the **O** leg be passive.]
  - a. The elbow of the arm holding the head points towards the **O** knee 3x slowly. Which way is sternum moving?
  - b. Elbow points towards **O** calf 3x slowly. How is this different? Sternum moves which way?
  - c. Elbow points towards **O** ankle 3x slowly. How is this different? Sternum moves which way?

REST

7. Now do the same movements, hand holding head again with elbow pointed toward the ceiling, but this time leave the standing foot on the floor. Use the other hand to bring the **O** foot towards your

head as the elbow of the head-holding hand moves towards the **O** leg in the three ways you just did. S.T. each to the knee, the calf, the ankle.

8. Switch the arrangement of the legs and the hands and repeat #6. Lifting the standing leg off the floor, bring the new elbow to the new knee, then calf, then ankle, as the **O** leg, which is now the standing leg, lifts and brings the new crossed-over leg towards your head.
9. Now repeat the same 3 moves but this time **leave the O foot on the floor** and use the foot-holding hand to bring foot towards your head, while the elbow of the head-holding hand points to the three parts of the leg.

REST TRANSFER

P.L.

10. BK. Now place the foot and knee of your **O** leg on the floor so that the **O** foot can slide under the bridge of the other knee, between the heel and the buttocks. Take the **O** knee as close to the floor as is comfortable. Move the **O** foot on the floor to L&R, S.T. You can feel the movement in the pelvis, hip joint, chest and shoulder. Maybe even the neck. How far can you move the foot L&R? What can you do with the standing foot to allow the turned-out-to-the-side leg to move further L&R? Where could you move the sole of the foot that is standing? How do you use your pelvis? Can you press with the sole of your standing foot so that hip raises to help?
11. Now reverse everything and do the same thing on the other side.

REST

12. BK and place the **O** foot between the other heel and buttocks as before. Move the **O** foot L&R again, and now, bring the hand on the side of the standing foot down to touch the **O** foot as it moves under the leg, and back to center, S.T. Notice, in order to bring your hand to the foot, are you leaving your head and neck frozen while you try to stretch your arm longer to reach your foot? Can you allow your ear to come toward your shoulder as your shoulder moves down? Your ribs on that side to shorten and contract? The ribs on the other side to fan out? You are sidebending your neck and your ribs on the reaching side in order to use your whole body instead of placing all the work and demand in your shoulder socket. If you can easily touch your foot, bring your hand to your mid-calf or towards the knee! **KEEP NOSE TO CEILING, BACK OF HEAD SLIDES--NO ROTATING YOUR HEAD.** Are you pressing your standing foot on the floor to help?

REST Stretch out and feel the changes in your body.

TRANSFER

13. Reverse everything and do the same movement.

REST Scan your body.

14. BK. Place your **O** foot between the other heel and buttocks again. Press the standing foot onto the floor, which will lift the pelvis up on that side. Keep that knee pointing to the ceiling and your **O** knee is on or toward the floor. Is your neck sidebending? Are you allowing your ear to come toward your shoulder? Keep your nose pointed to the ceiling as the back of your head slides on the floor. Let go of that. Now, do the same thing, as you again bring the hand to hold the foot. Think about lifting the pelvis, rather than turning it. Feel how this elongates the spine. (This is a wonderful self-adjustment tool.)
15. Reverse everything and do this again for the other side.

REST    Feel how the back and pelvis are lying now.

16. BK. Place the **O** foot under the other leg again. Press that standing foot into the floor and as the pelvis lifts, place the **O** foot as much under the pelvis as you are able to comfortably. Use your hand to draw **O** foot in under pelvis as much as is comfortable. Very slowly, lower the standing leg and stretch it out.
17. Reverse everything and do the same thing on the other side.

REST

18. BK. **Place the O foot above the other knee now. Hold the O shin – halfway between your knee and your ankle on the front side - with the hand of the O-leg side, hold on top of the leg. Use that hand to move the O leg L&R;** the **O** leg slides over the opposite leg so that the **O** knee comes toward that opposite knee and then back out to the other side. This is like the movement of a bow over the strings of a cello, or how a saw moves back and forth. Let the **O** knee hang out to the side as much as possible and still be comfortable.

[Option: Explore tiny movements of the femur in the hip socket:

a) just femur, and b) when pulls on pelvis (hip socket) to start to roll]

If you feel like rolling from right to left you can do that, but think of moving the leg with the hand. Your hand will direct you to roll R&L. As you start to roll **onto the side of your O leg**, explore a way to come to a sitting position with both knees bent and resting on the floor **HAND STAYS ON SHIN AT ALL TIMES**. One leg will be bent in front of the other leg which is bent to your side. **GO SLOWLY! Keep your head low!** Don't strain or push! If you are unable to roll all the way over and come to sitting, ask yourself what is stopping you from doing this. As you roll onto your **O** side, did you allow your opposite arm to come across your chest and plant the palm of that on the floor somewhere near your shoulder to help? Use this arm to help push you up. [Demo or talk about congruent, permitted action. All parts of us saying "Yes." All parts of us rolling to one side, vs  $\frac{3}{4}$  of us rolling to one side and  $\frac{1}{4}$  of us giving conflicting instructions. Arm stays behind means a part "no," not a full "yes." Metaphor for daily life?] Roll from sitting, back to lying on your back in the starting position—and roll to sitting again, M.T. **PLAY!! Sit up fully each time. Hand on shin.** Front foot clearing the other knee on the floor. Back arched. Now reverse everything to roll back down, keeping head low. **REVERSE THE LEG POSITIONS. REPEAT ROLL TO OPPOSITE SIDE**

19. **WE DID NOT YET DO #19 and #20 and ROLLING LIKE A TOP (more complex to teach) So do not teach what is in italics. Continue on to #21 and # 22. You are quite prepared to teach this and it is a powerful lesson.**

*Now, at the same starting position on your back, O foot over other knee (you are not switching which leg is on top), roll up to the other side and discover what kind of sitting position this brings you to. Let the legs cross loosely at the ankles as you come to sitting tailor-fashion. You can use your elbow to help. This is more challenging. Be sure to come to a full seated position HAND STILL ON SHIN, feet lightly crossed at ankles, before you reverse back down.*

*Play. Roll to the side and come to sit one way, then reverse the movement back to the starting position on your back. Then roll to the other side and sit in the other way. Make it a flow back and forth. Can you be smooth and elegant so there is no bang or thud on the floor as your body learns to roll over the ribs and shoulders? [Describe head trajectory = low and to the floor]*

*REST Scan body for differences.*

*TRANSFER*

20. *Reverse the arrangement of the legs. Be sure you have the same-side hand holding the shin! Roll to sitting toward the side of the leg that is on top and then explore rolling up to the opposite side.*

**REST Do a P.L. How is your low back on the floor now?**

21. **RE-TEST 1, 2, & 3 How is it different? Where is there less effort? More range?**

1. **Lift BK both soles at once, 1/2 inch! Feel how light and easy these movements are now.**
2. **Place the O foot on the other knee. Lift the standing leg, bringing the O foot with it, towards the chest. Switch legs and do this again.**
3. **Return to O foot on opposite knee. Use the hand on the side of the standing foot to hold the O foot from the outside (little toe side), sandwiching the hand between the O foot and standing knee. The O-leg-side hand goes behind your head. Keeping the standing foot on the floor, move-the O foot and your head towards each other and away, S.T. Easier? Clearer?**  
**Switch everything and do it on the other side. Where do you feel changes?**

22. **Come to standing, shift your weight, and then walk. What do you notice?**

**Part 2** *Rolling like a top. Make sure enough room on floor and enough time. Very important fun playful time.*

1. *Sitting soles together, hand holding outsides of knees on each side.*
  2. *Roll to side - weight on elbow, then shoulder, then back of head, then opposite shoulder, then elbow, and back up to sitting. Opposite side knee opens more, toward the floor, pushes against opposite sole to help sit up. Head low as long as possible.*
- Make like a playful competition between groups, e.g., "agent for the circus is in the crowd."*
3. *Two people back to back, roll up to sit back to back. Several groups. Make sure there is enough safely enough space. After successful once, do 2x in a row.*
  4. *Three people. After successful once, do 2x in a row.*
  5. *Four people. After successful once, do 2x in a row.*
  6. *Five optional. After successful once, do 2x in a row.*
  7. *Then everyone watches each group. Much laughter. Clap for each group doing 2x in a row.*
  8. *Everyone do one last P.L. Feel now how lying on floor.*