

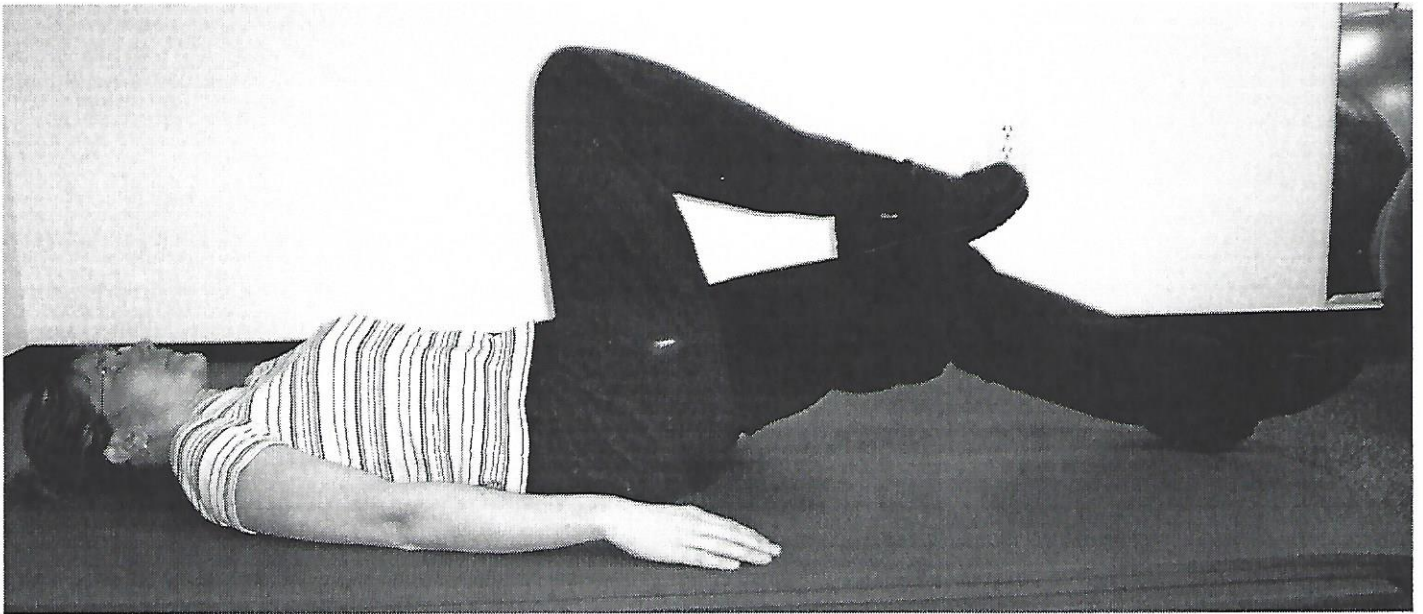
Lindy Physical Therapy

Specializing in Myofascial

Pelvic Balancing for a Rotation

Push/Pull

Lie on your back with your left knee **slightly** bent. Place your right foot on your left thigh just above your knee. Push your right foot into your left leg while pulling your left leg toward you. Your left foot should stay in contact with the floor or mat. Hold for 3 seconds. Do 4 repetitions. Now, do the same exercise with legs opposite (push left foot and pull right leg). Do 3 repetitions. Repeat the first position with the right leg pushing into the left thigh. Do 4 repetitions.



Adductor Squeeze

Lie on your back with your knees bent. Place a 12" ball (or larger) between your knees and squeeze firmly. Hold for 3 seconds. Repeat 4-5 times.

Optional Adductor Squeeze (when a ball is not available)

Sit on a bed straddling the corner and squeeze your knees together firmly and hold for 3 seconds. Or, place your forearm between your knees and squeeze. Repeat 3-4 times.



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