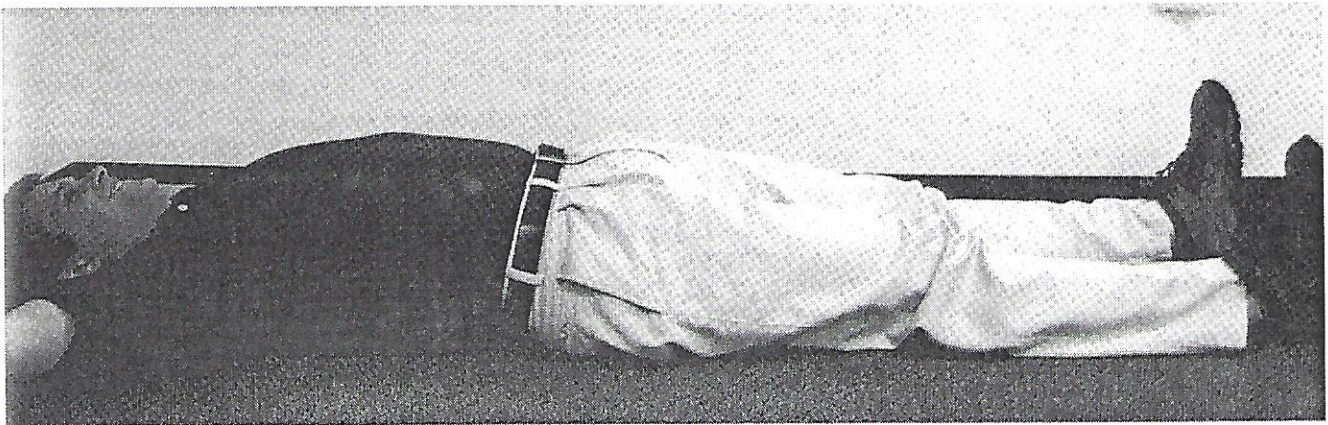


Lindy Physical Therapy  
Specializing in Myofascial

**Pelvic Balancing for an Upslip**

**Push/Pull**

Lie on your back with your feet gently against a wall. Keep your knees straight and your back flat. Elongate your right side by pressing your right heel into the wall. Your left hip and leg will pull upward naturally. Hold the push/pull for 3 seconds. Relax. Do 4 repetitions. Then push your left heel into the wall and allow your right hip to pull upward. Relax. Do 3 repetitions. Repeat with the right foot pushing into the wall again. Do 4 repetitions.



**Adductor Squeeze**

Lie on your back with your knees bent. Place 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. 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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