

Pelvic Clock®

Exercise Guide



The Pelvic Clock® Exercise Device is for people dedicated to pursuing a regular exercise program to treat their chronic lower back pain and other related conditions.

Some people feel the effects of using the Pelvic Clock® device right away, especially after a long day of sitting. However, please keep in mind that it is not a one-off effort and in order to get the full benefits, you need to make pelvic clock exercises part of your daily regimen.

TIPS:

1. Start at a slow pace. Take time to build up your exercise routine. Take your time to stretch and decompress.

2. Listen to your body. When you are looking for pain relief, your own intuition and common sense can be very helpful. You need to find the direction of the movement that reduces your pain.

If tilting your pelvis in one direction increases your pain, tilt it in the opposite direction.

3. If you are experiencing pain, stop your practice. Ice your lower back for 15 minutes, and give it a little rest.

4. Always exercise within your own limits. Gradually increase your range of motion until you are pain free.

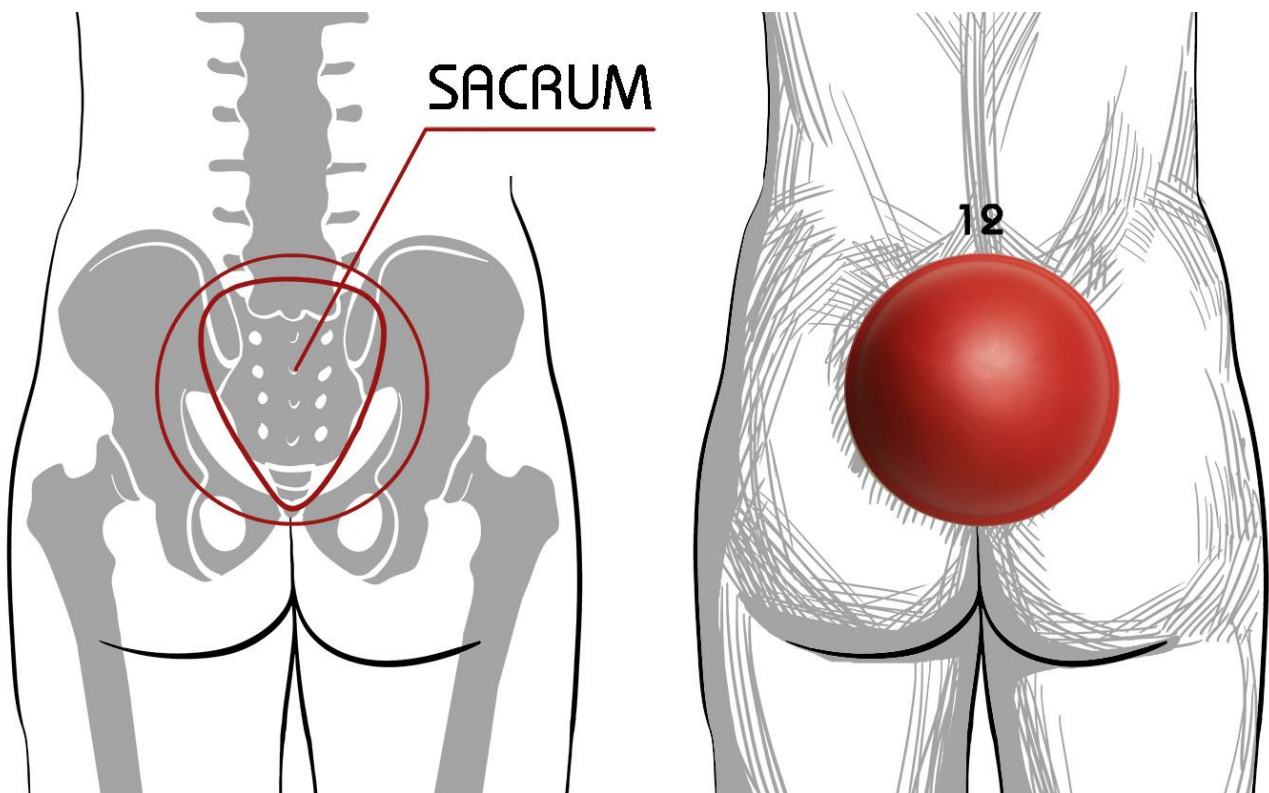
5. In the first 2 weeks of your practice, you might want to use a small towel on top of the device for extra padding.

6. If your mobility is limited, start exercising on the bed or massage table. The soft surface will reduce the height of the device.

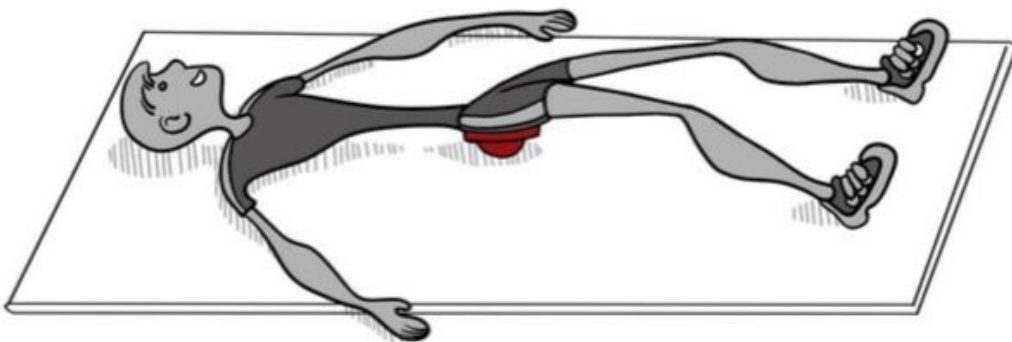
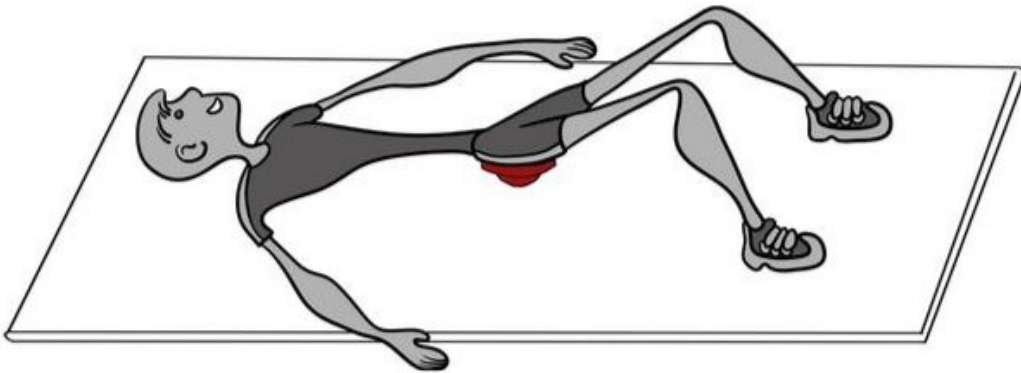
How to Set Up For Exercises

Lie on your back with your knees bent and feet flat on the mat (this is called the semi-supine position). The feet should be hip distance apart.

Lift your pelvis about 1 to 3 inches off the floor. Then, place the device below your sacrum, between your sacrum and the floor. Lower your pelvis, and your sacrum should be sitting in the recess of the flat upper surface. The convex lower surface of the device stays in contact with the floor. Point the **12** o'clock marker on the device toward your head.

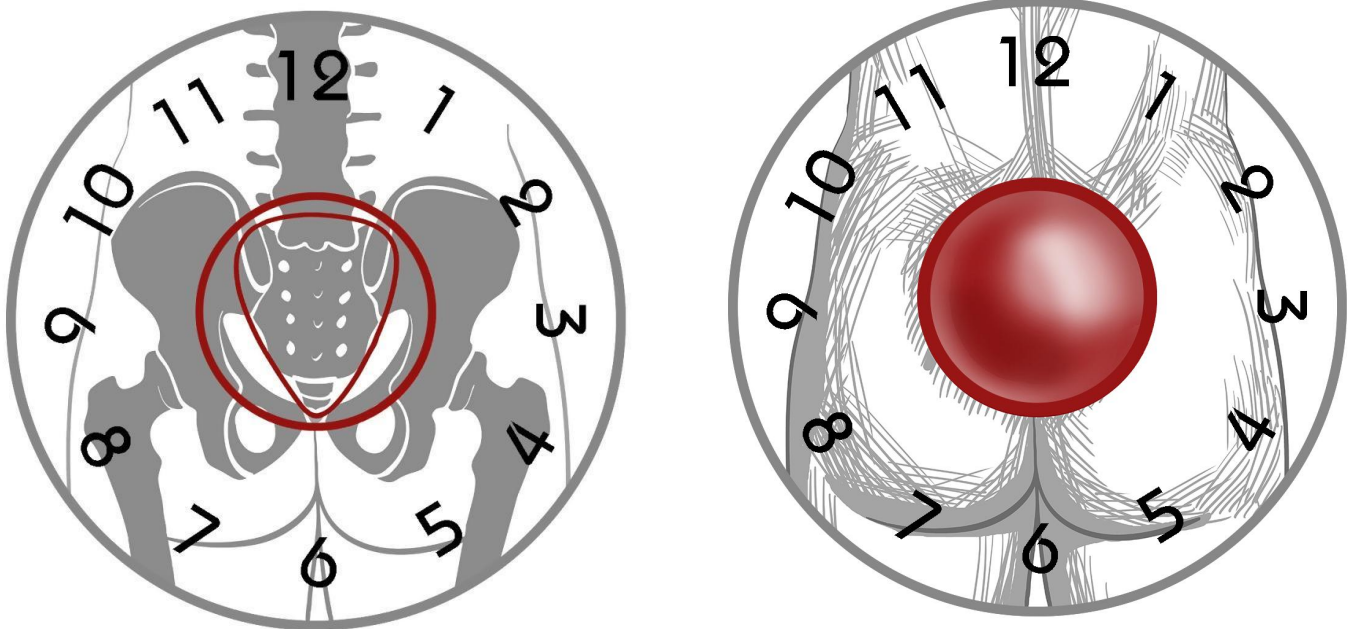


Once you have the device in position, you can just relax on it for a minute or two. Stretch out your legs on the mat or try rocking side to side.



Exercise Patterns

In each exercise, your pelvis will follow a different pattern, using the numbers of the clock as a guide.



Duration of Exercises

Aim to repeat each exercise 10 to 20 times. The number of repetitions and length of practice will vary for each person, depending on factors like affected side, physical condition, age, gender, and degree of pain. The goal is to perform all of these exercises within a range of motion that does not increase your pain and with the expectation that the device will help you to gradually increase your range of motion until you are pain free.

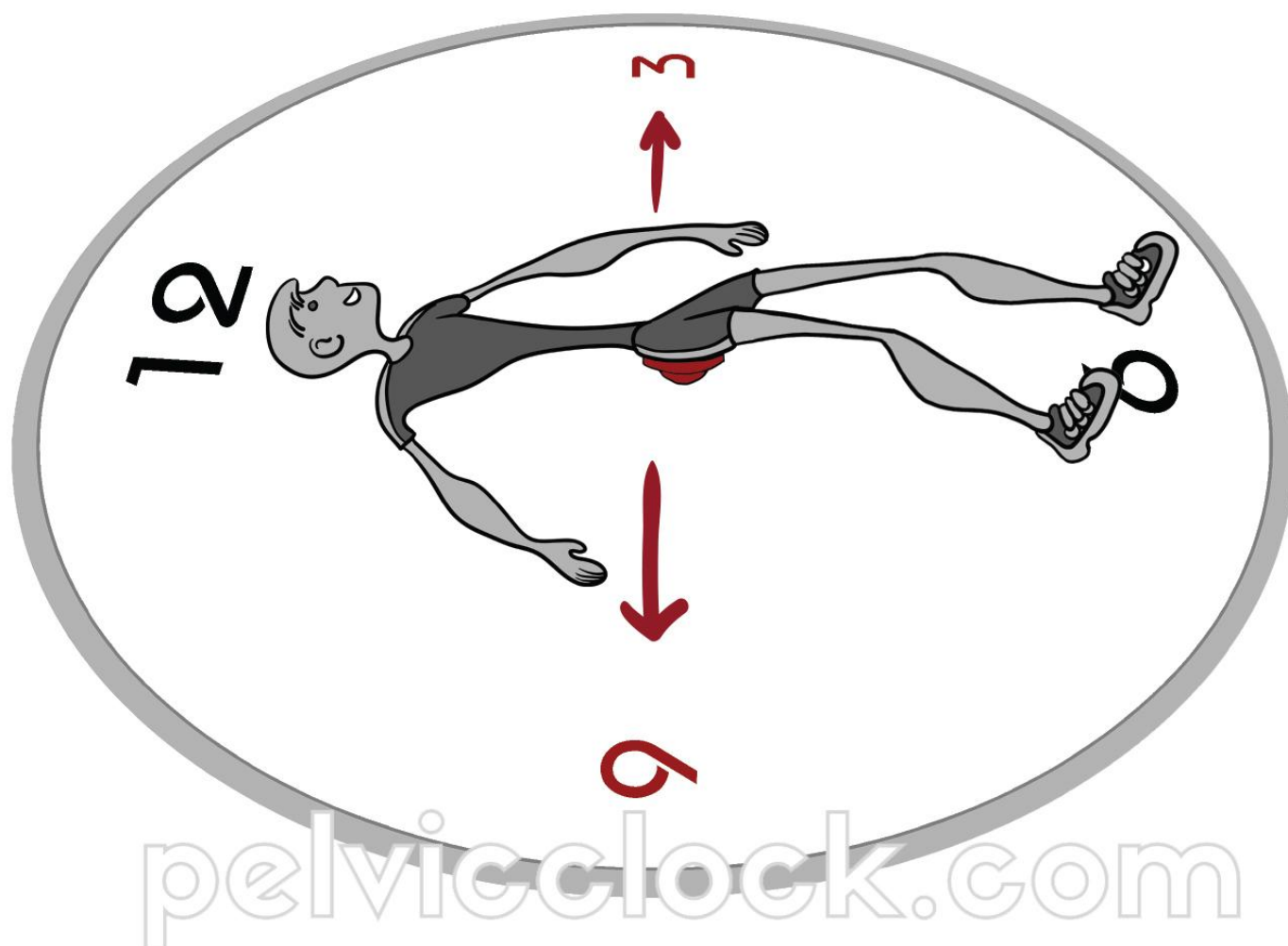
Pelvic Clock®

Stretches for Hips & Lower Back

Exercise "3-9" with straight legs

Stretch your legs, relax, and rock your pelvis side to side following the **3-9** pattern.

Repeat 10-20 times.

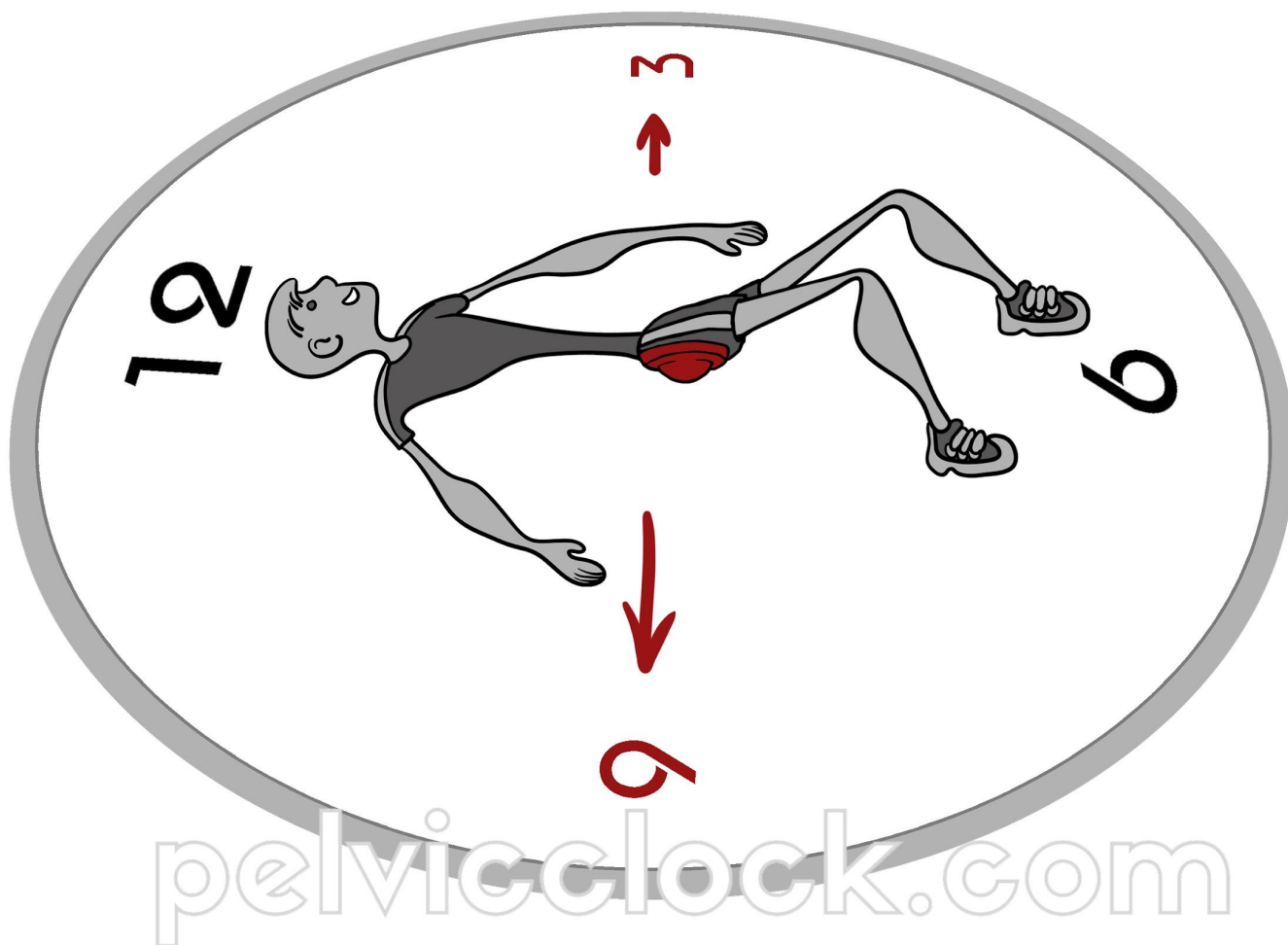


Exercise "3-9" with bent legs

Bend your knees and press your feet into the ground.

Without moving your knees, tilt your pelvis to the left toward the **3** o'clock marker. Then take a breath and tilt your pelvis over to the right side toward the **9** o'clock marker.

Repeat 10-20 times.



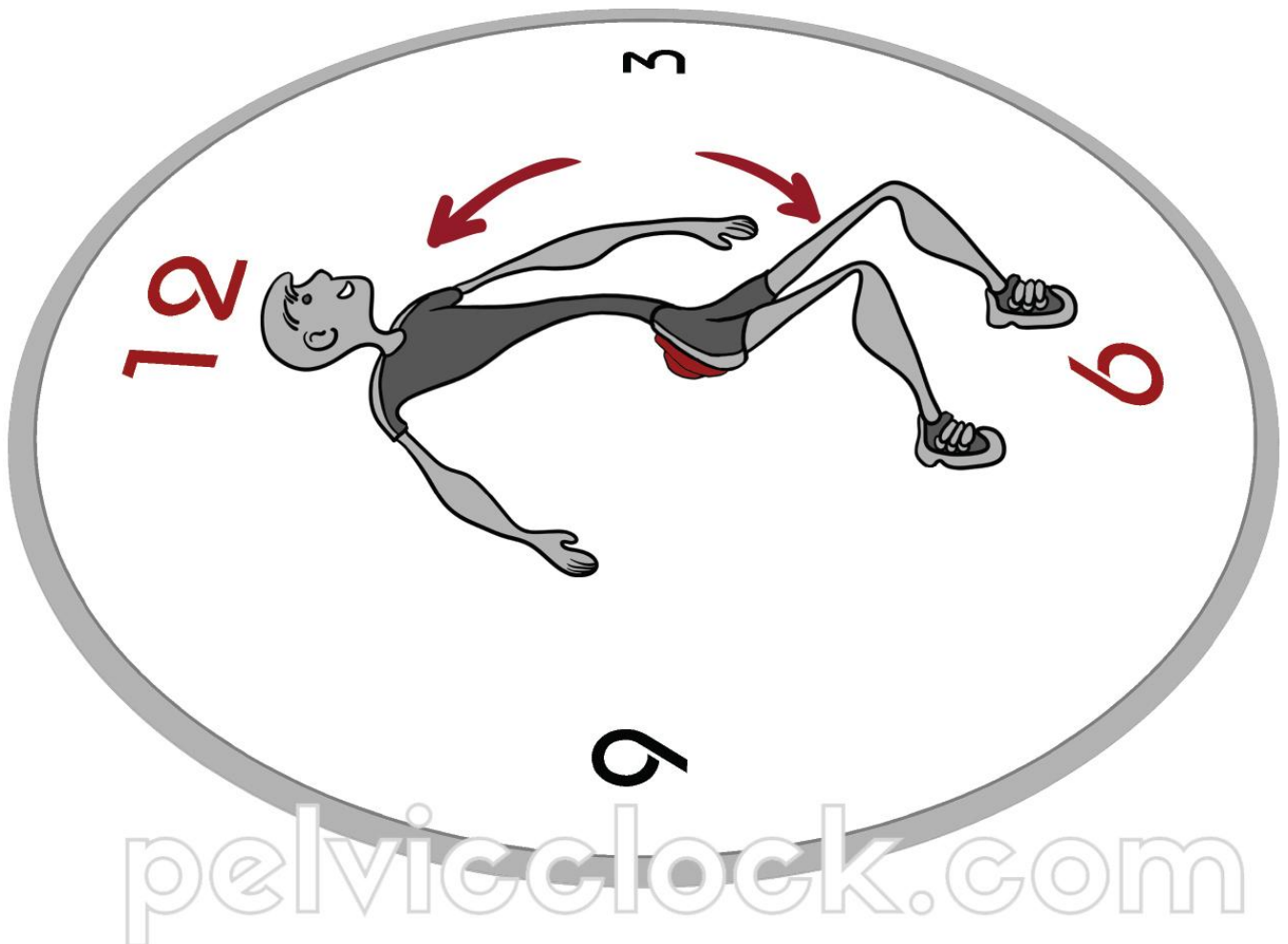
Exercise "12-6"

Bend your knees and press your feet into the ground.

Slowly tilt your pelvis back toward the **12** o'clock marker (in the direction of your head).

Then take a deep breath and tilt your pelvis forward toward the **6** o'clock marker (in the direction of your feet).

Repeat 10-20 times.



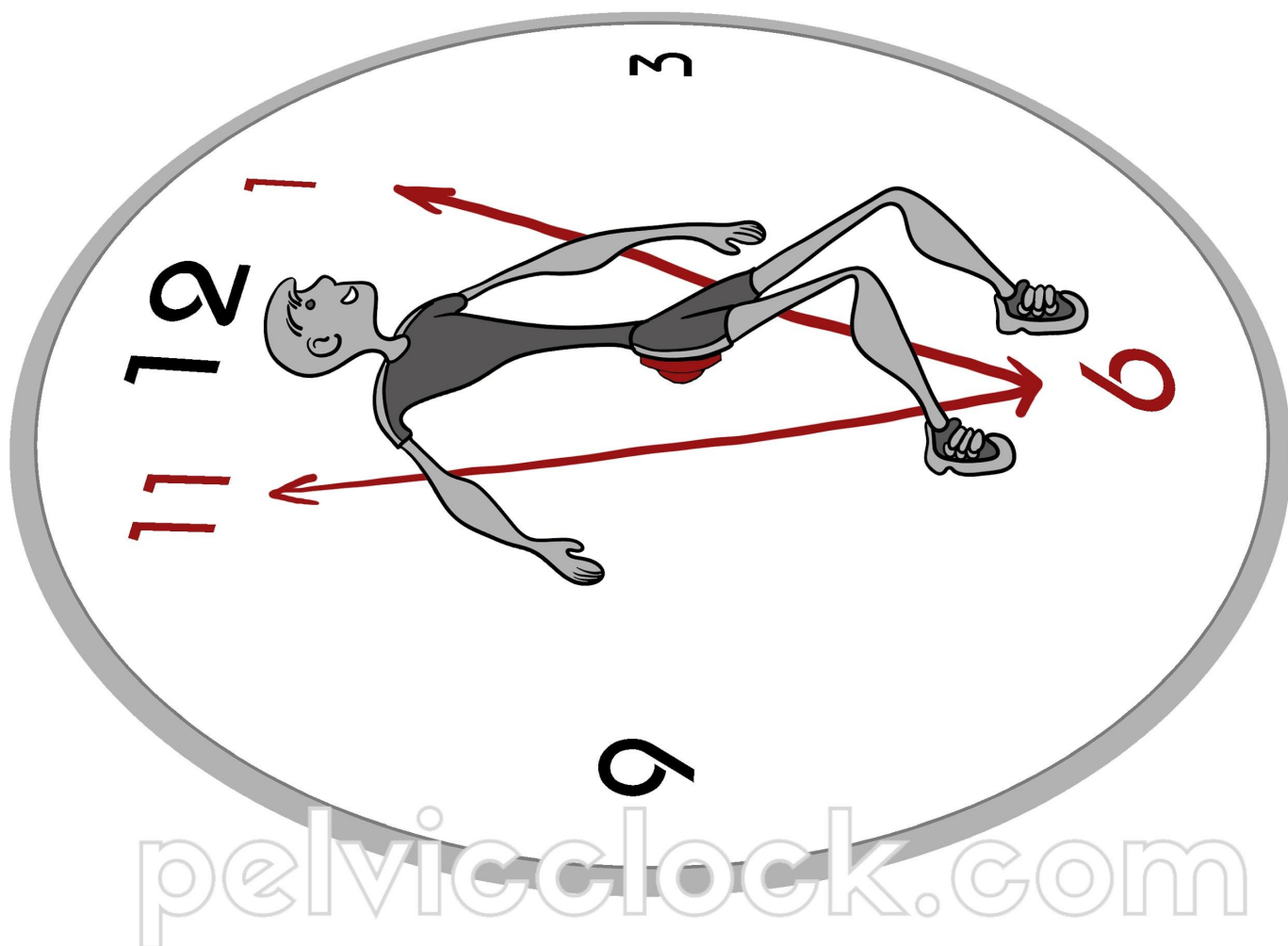
Exercise "6-1-6-11"

Slowly rock forward and back following the **6-1-6-11** pattern.

6 -1 Tilt forward toward the **6** o'clock marker, then lean back toward **1** o'clock (a back-left tilt).

6- 11 Tilt forward toward the **6** o'clock marker, then lean back toward **11** o'clock (a back-right tilt).

Repeat 10 times.



“Clockwise & Counterclockwise”

Clockwise rotation follows the **12-3-6-9** pattern.

Counterclockwise rotation follows the **12-9-6-3** pattern.

Imagine that the axis of the rotation extends from your navel through the center of the device. Then move your pelvis and hips in a circular direction around that center of rotation.

Repeat 10 times.

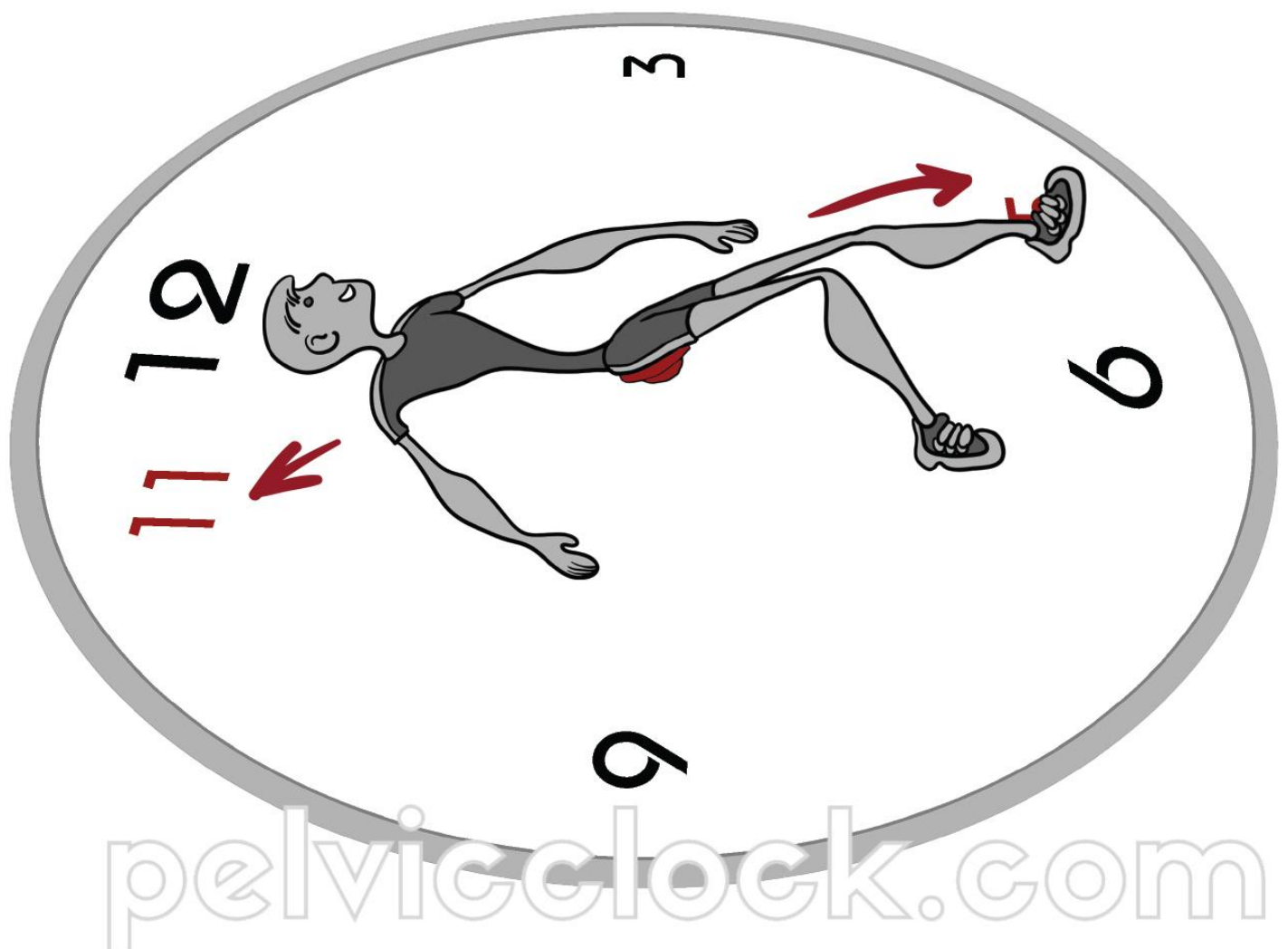


Exercise "5-11"

Stretch your left leg and slide it a few inches toward the **5** o'clock marker (a forward-left tilt).

Drop your right ribs toward the **11** o'clock marker (a back-right tilt) and "CRUNCH" the **right** side of your stomach.

Repeat 10 times.

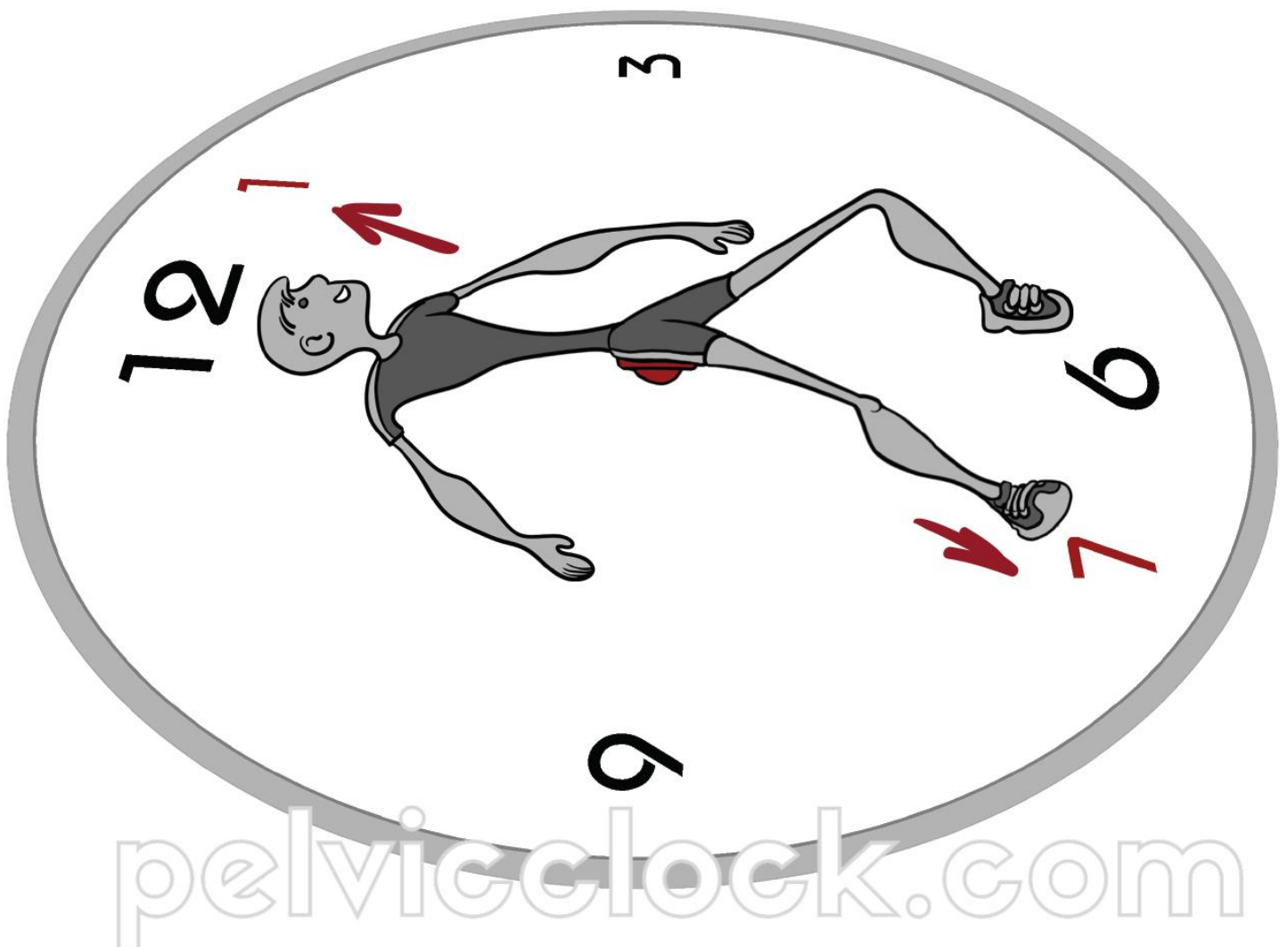


Exercise "1-7"

Stretch your right leg and slide it a few inches toward the **7** o'clock marker (a forward-right tilt).

Drop your left ribs toward the **1** o'clock marker (a back-left tilt) and "CRUNCH" the **left** side of your stomach.

Repeat 10 times.

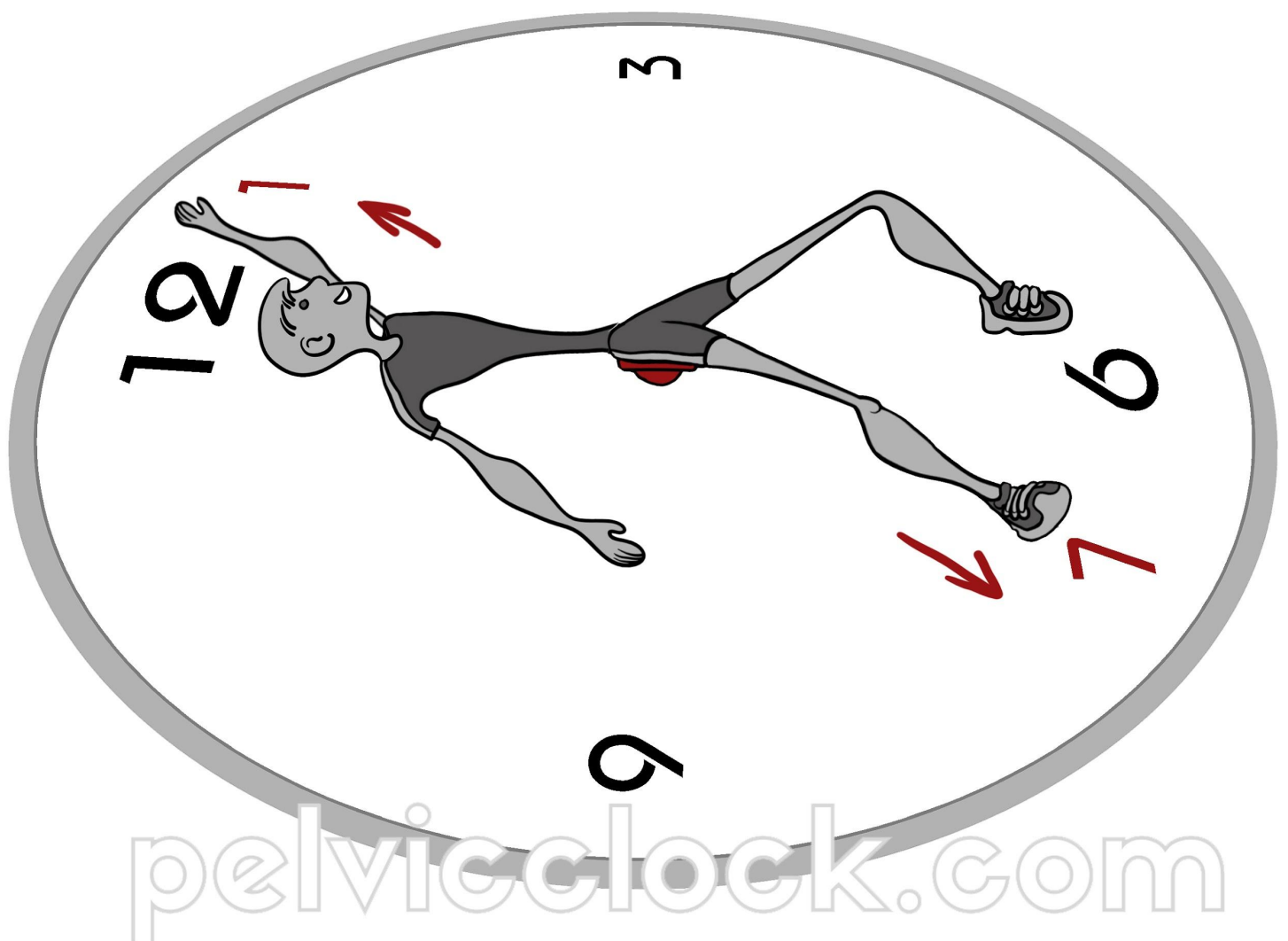


Exercise "1-7" with stretched arm

Stretch your right leg and slide it a few inches toward the **7** o'clock marker (a forward-right tilt).

Stretch your left arm toward the **1** o'clock marker. Drop your left ribs toward the **1** o'clock marker (a back-left tilt) and "CRUNCH" the **left** side of your stomach.

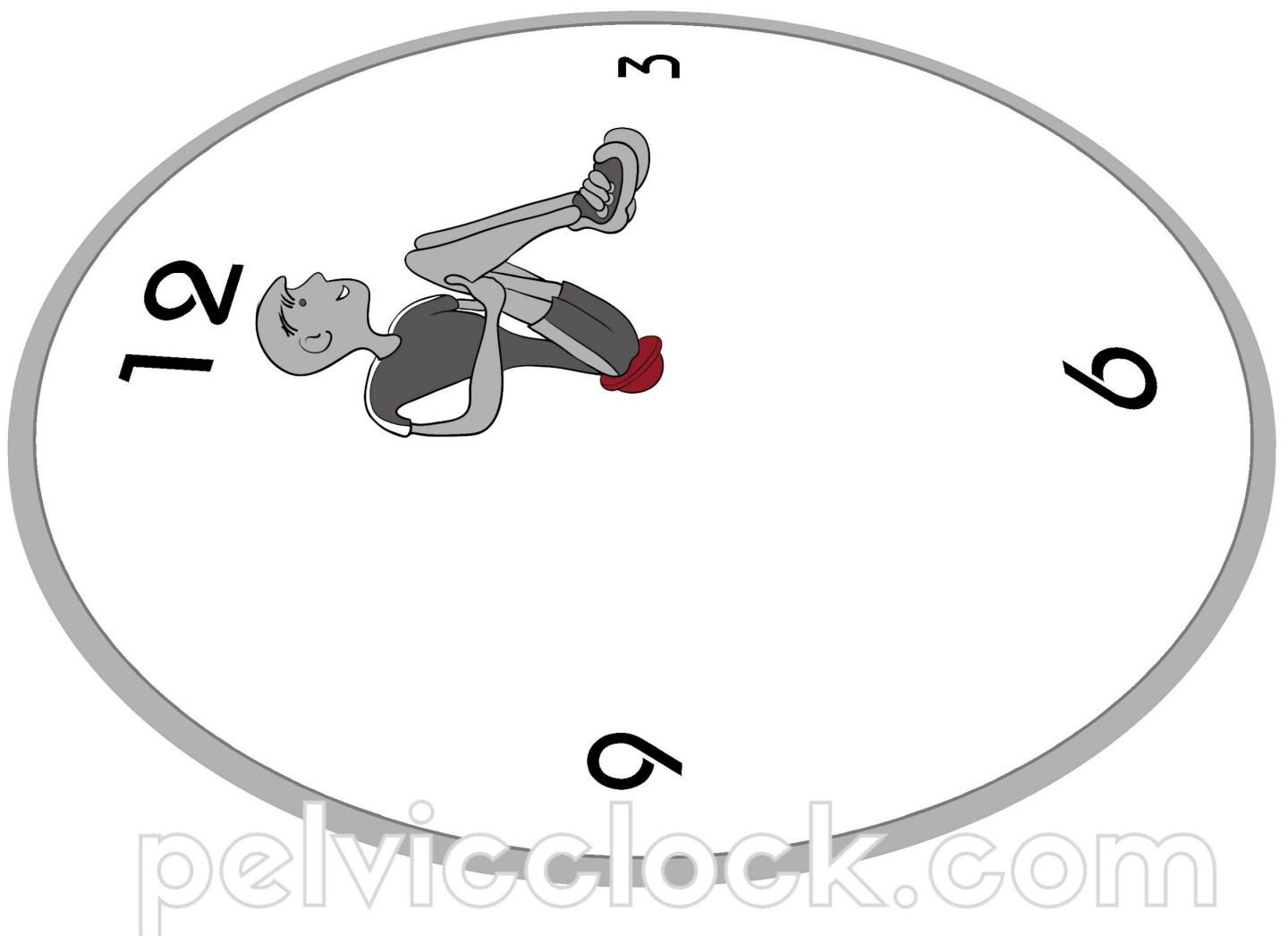
Repeat 10 times.



Knees-to-Chest Stretch

Pull your knees toward your chest.

Slowly rock your pelvis in different directions for 30+ seconds.

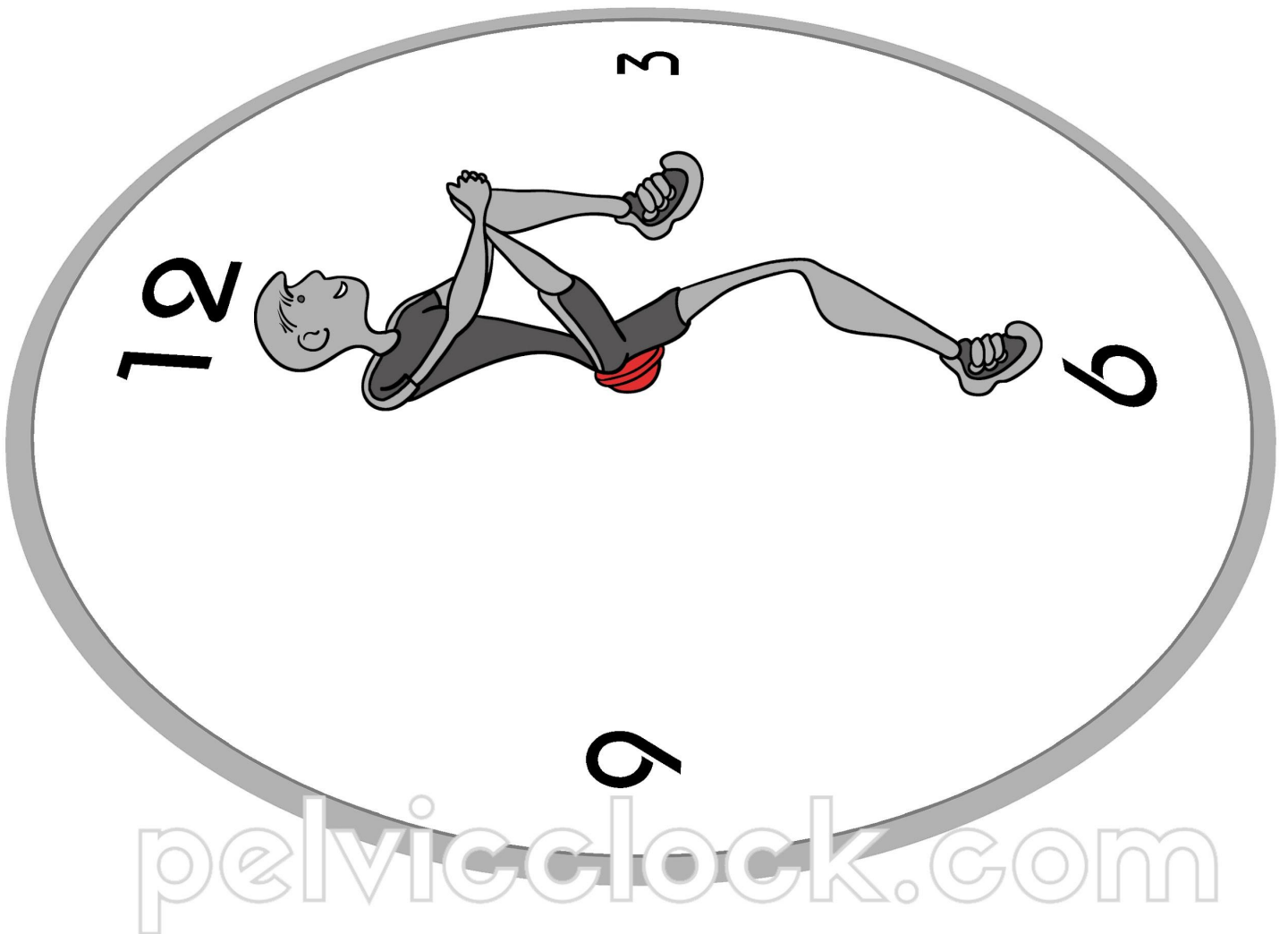


Knee-to-Chest Stretch

Pull your **right** knee toward your chest. Stretch your left leg and relax.

Slowly rock your pelvis in different directions for 30+ seconds.

Then repeat this stretch with your **left** knee.



Pelvic Clock®

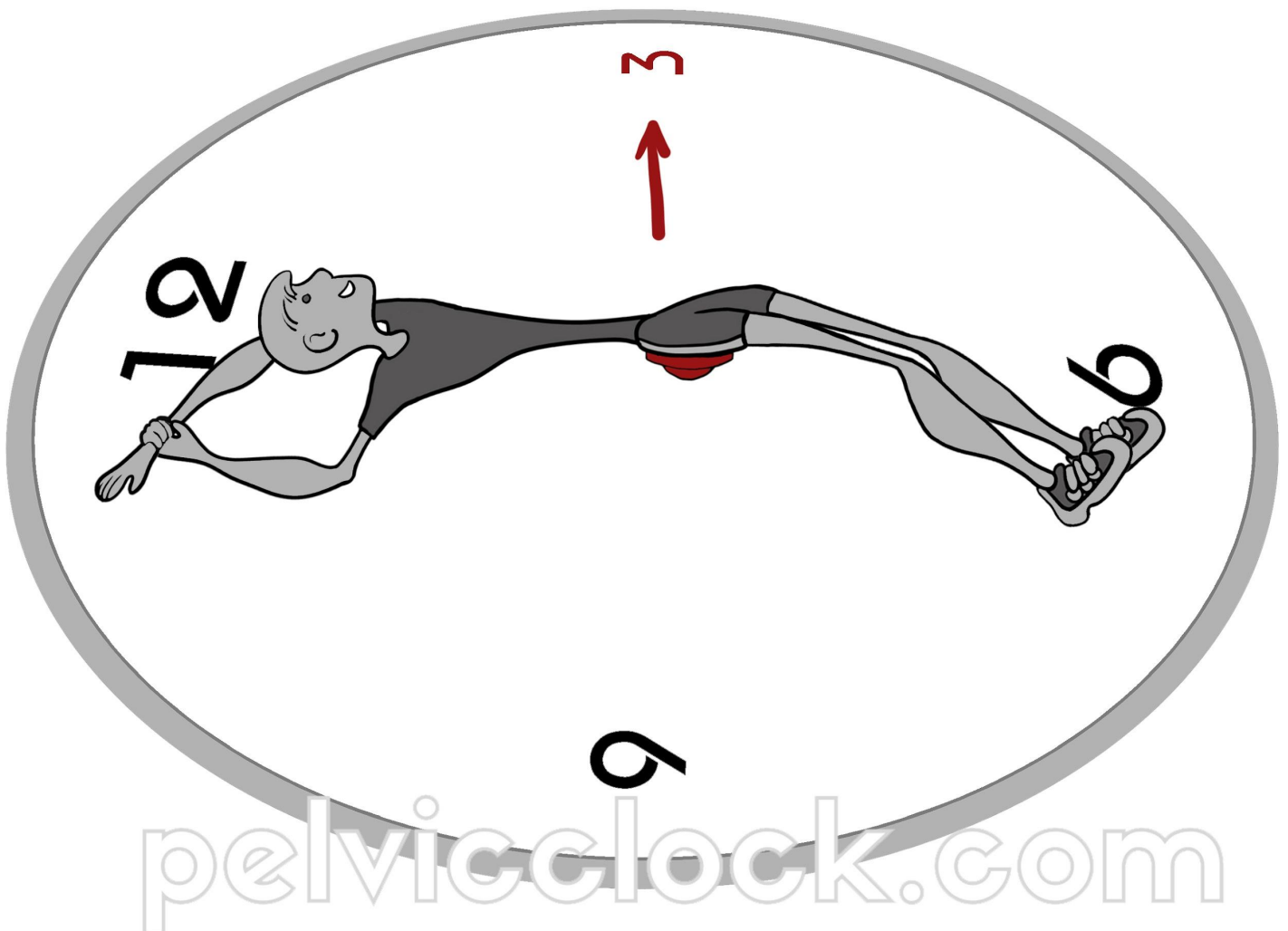
Stretches for Body Alignment

Side Stretch

With your arms above your head, take your left wrist in your right hand, pull your left arm to the right to stretch your **Left Side**. Tilt your pelvis to the left.

Take FIVE DEEP BREATHS as you hold this position.

Then do the same for your **Right Side**.



Cross Stretch

This stretch is perfect for targeting the psoas muscle (a hip flexor), as well as the shoulder.

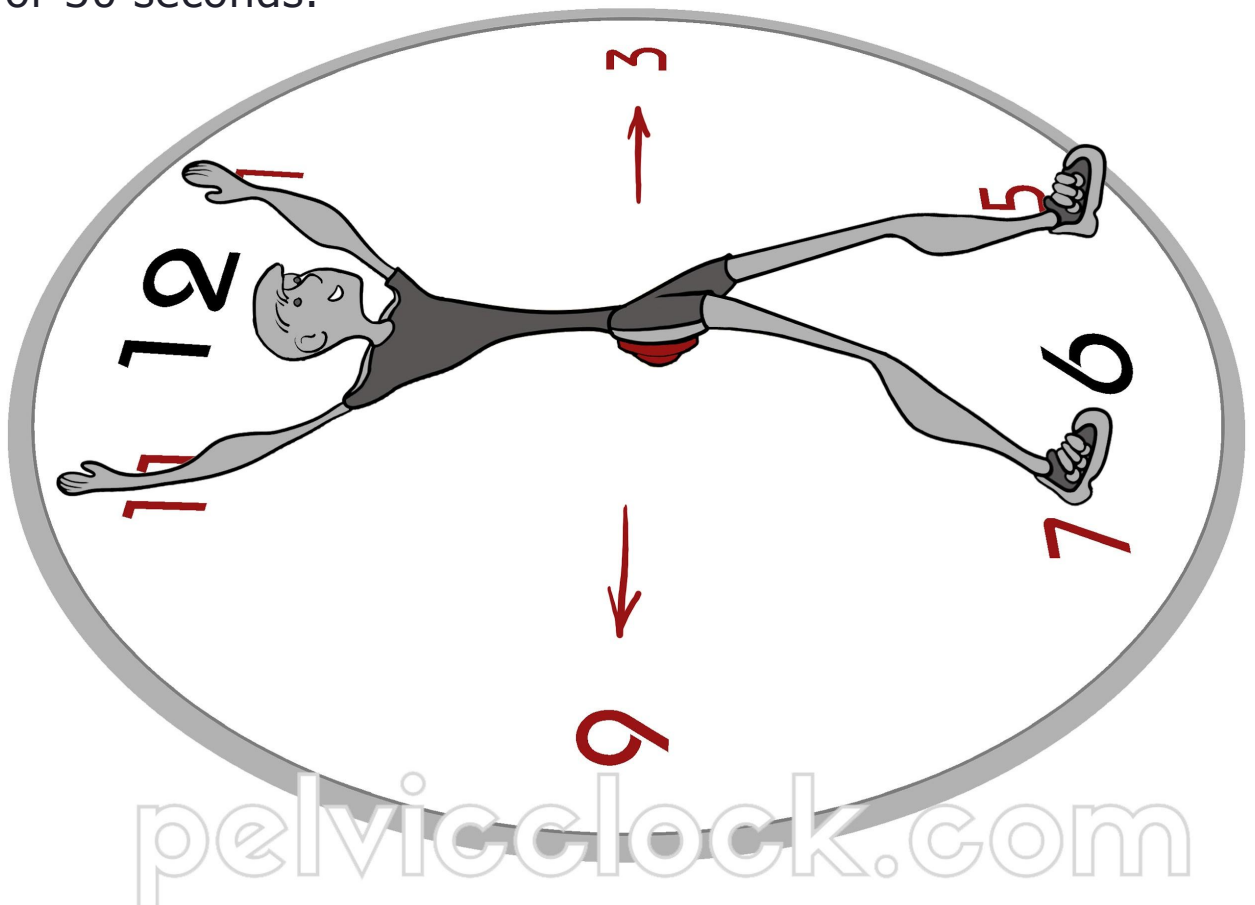
Get into position with your legs and arms stretched wide.

Tilt your pelvis to the left toward the **3** o'clock marker, stretch your right arm to the **11** o'clock marker, and stretch your left leg to the **5** o'clock marker.

Hold for 30 seconds.

Tilt your pelvis to the right toward the **9** o'clock marker, stretch your left arm to the **1** o'clock marker, and stretch your right leg to the **7** o'clock marker.

Hold for 30 seconds.



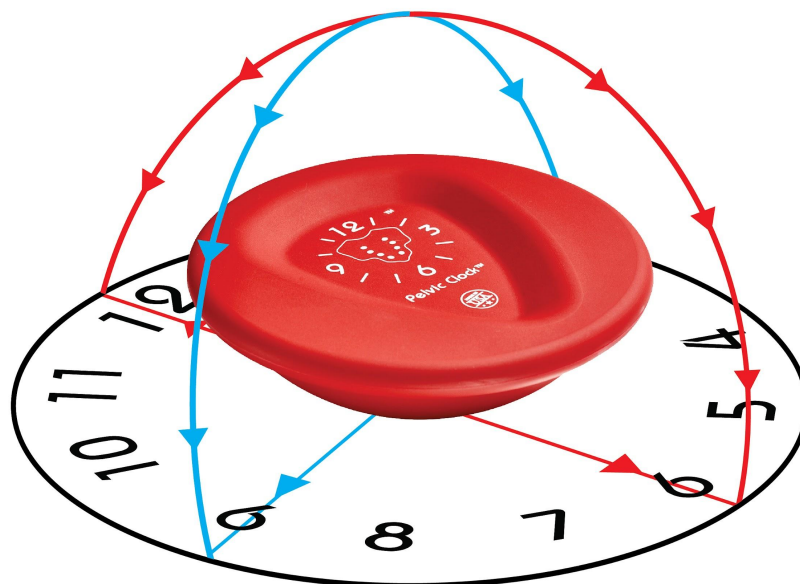
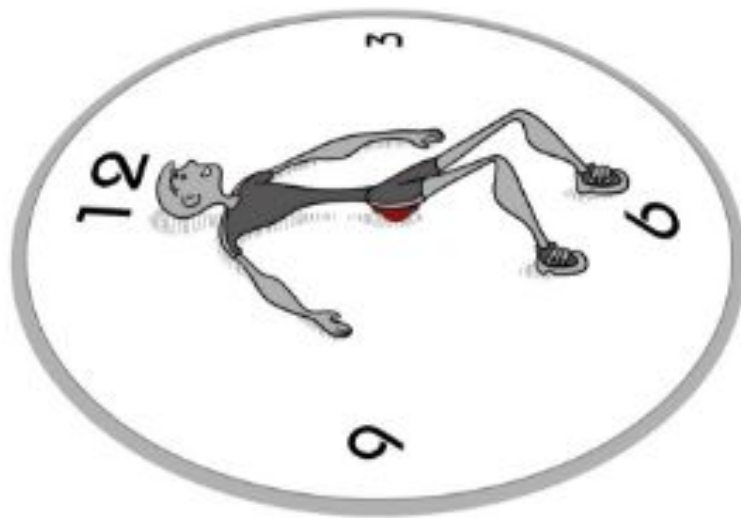
Pelvic Clock®

Core Stability Exercises

Find a Neutral Pelvis Position

Before you start with Pelvic Clock® exercises, you should find your Neutral Pelvis Position when your pelvis is neither rotated nor tilted forward, back, or sideways.

Take five deep breaths, as you balance in this position, keeping the flat surface of the device perfectly parallel to the floor.

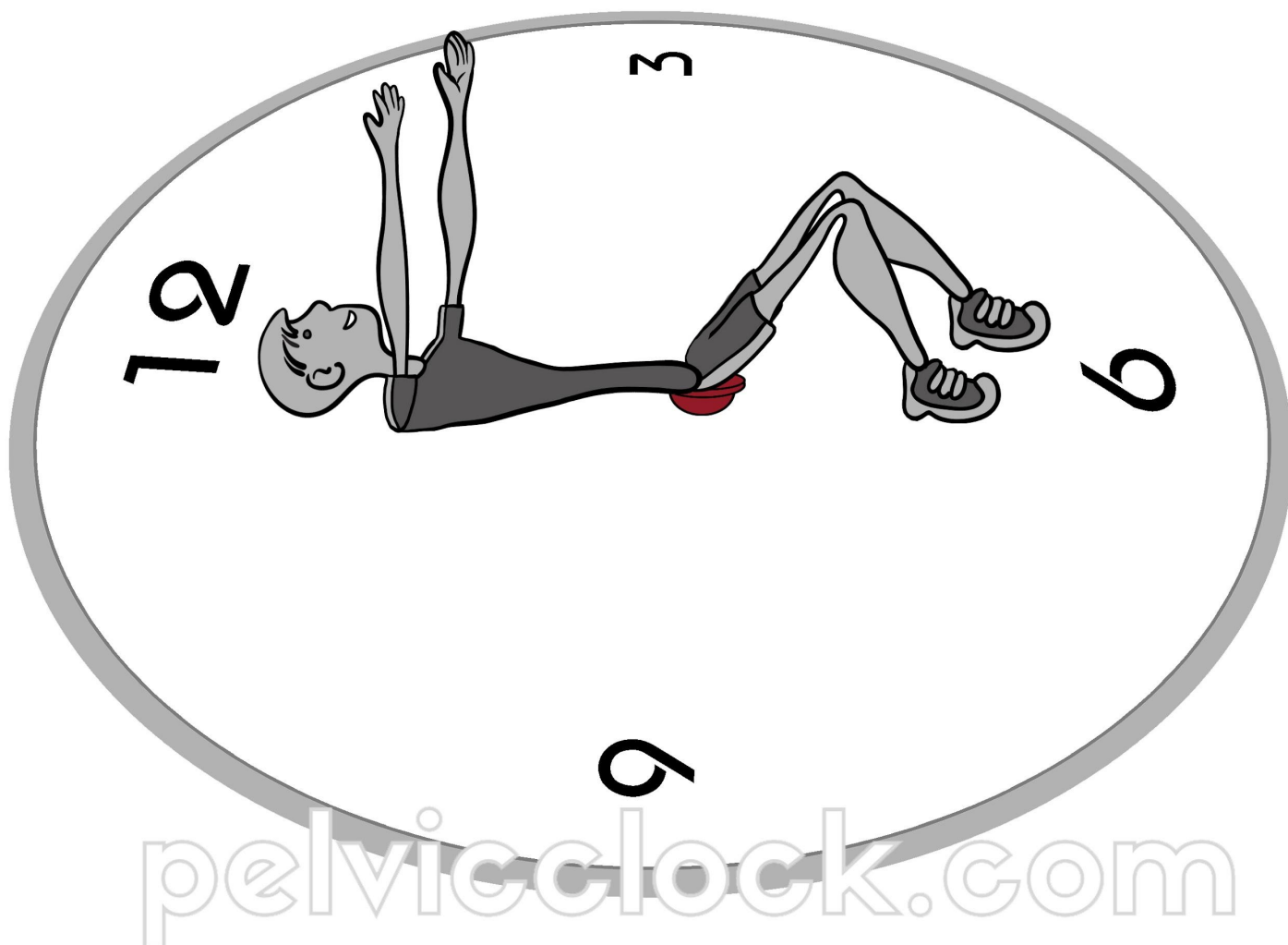


Arms Up

Stretch your arms up. Hands aligned with shoulders.

Take five deep breaths, as you balance in this position, keeping the flat surface of the device perfectly parallel to the floor.

Repeat 5 times.



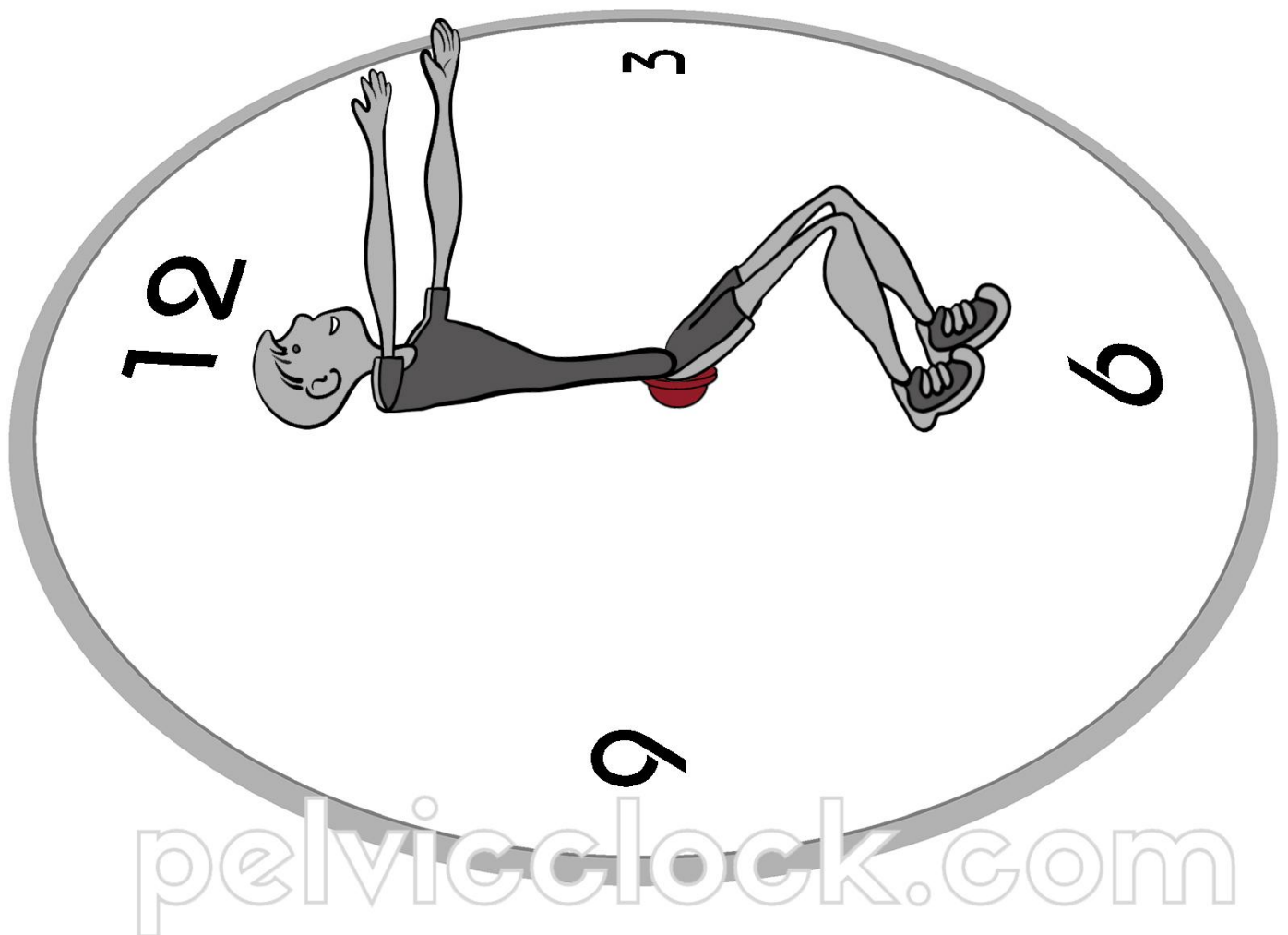
Balance on Heels

Stretch your arms up. Hands aligned with shoulders.

Lift the soles of your feet up and try to balance on your heels.

Take five deep breaths, as you balance in this position, keeping the flat surface of the device perfectly parallel to the floor.

Repeat 5 times.



Balance on One Heel

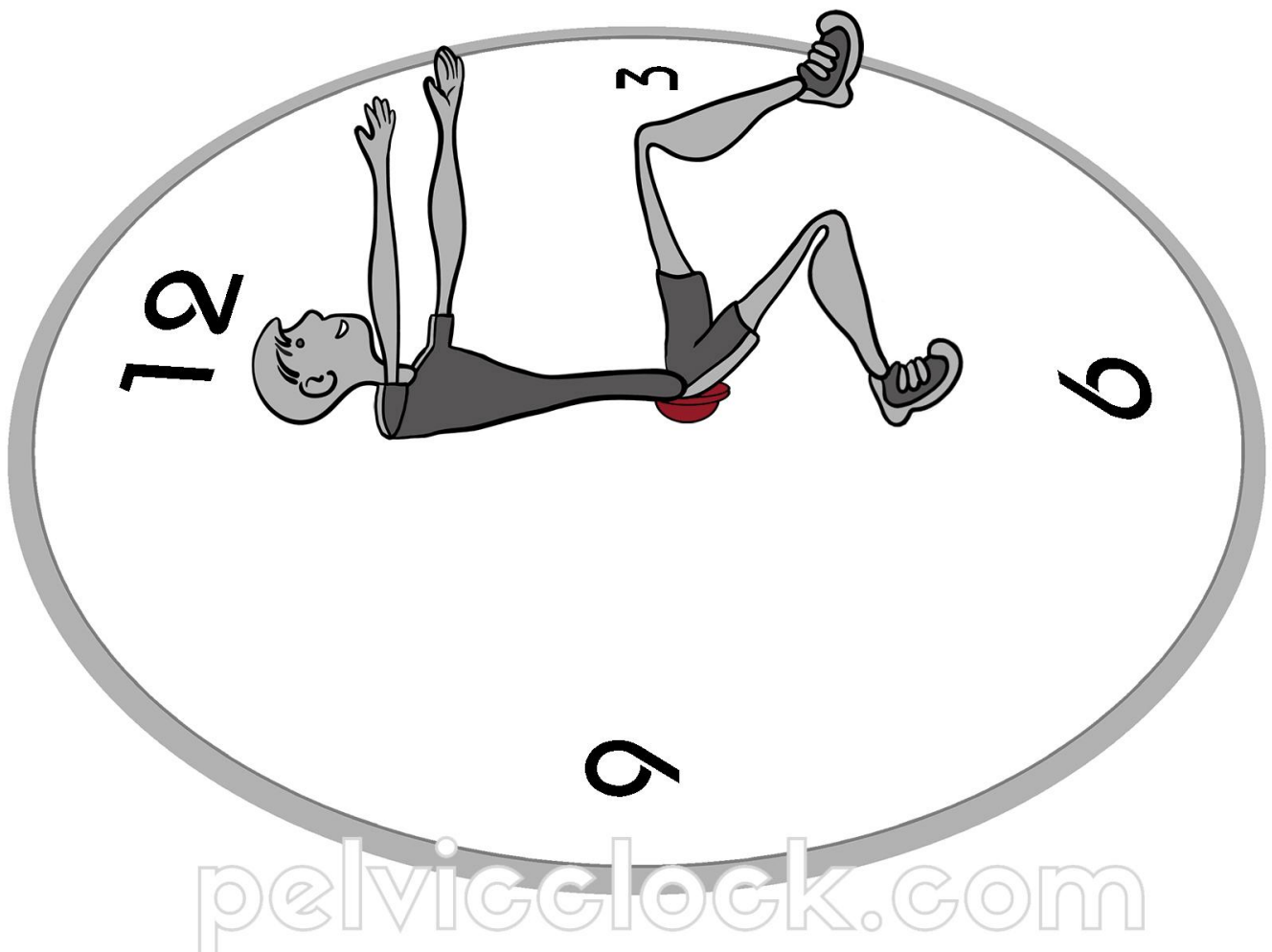
Stretch your arms up. Hands aligned with shoulders.

Lift the soles of your feet up and balance on your heels, keeping the flat surface of the device perfectly parallel to the floor.

Lift your right leg up and bend the right knee at a 90 degree angle. Take five deep breaths, as you balance in this position.

Lift your left leg up and bend the left knee at a 90 degree angle. Take five deep breaths, as you balance in this position.

Repeat 5 times.



pelvicclock.com

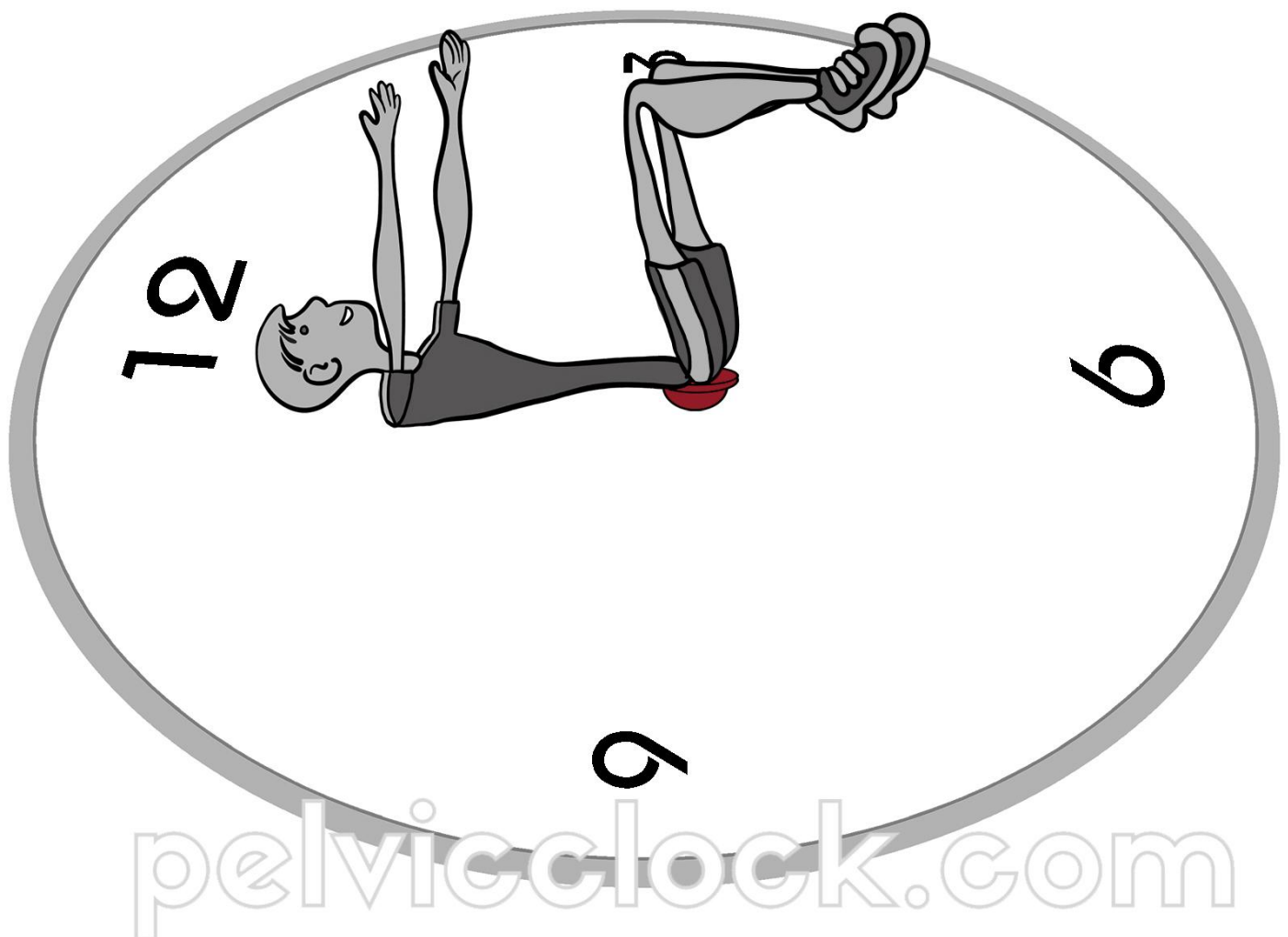
Dead Bug

Lift your legs up in the air with your knees bent at a 90 degree angle.

Stretch your arms upwards. Hands aligned with shoulders.

Take five deep breaths, as you balance in this position, keeping the flat surface of the device perfectly parallel to the floor.

Repeat 5 times.



Dead Bug Moving Legs

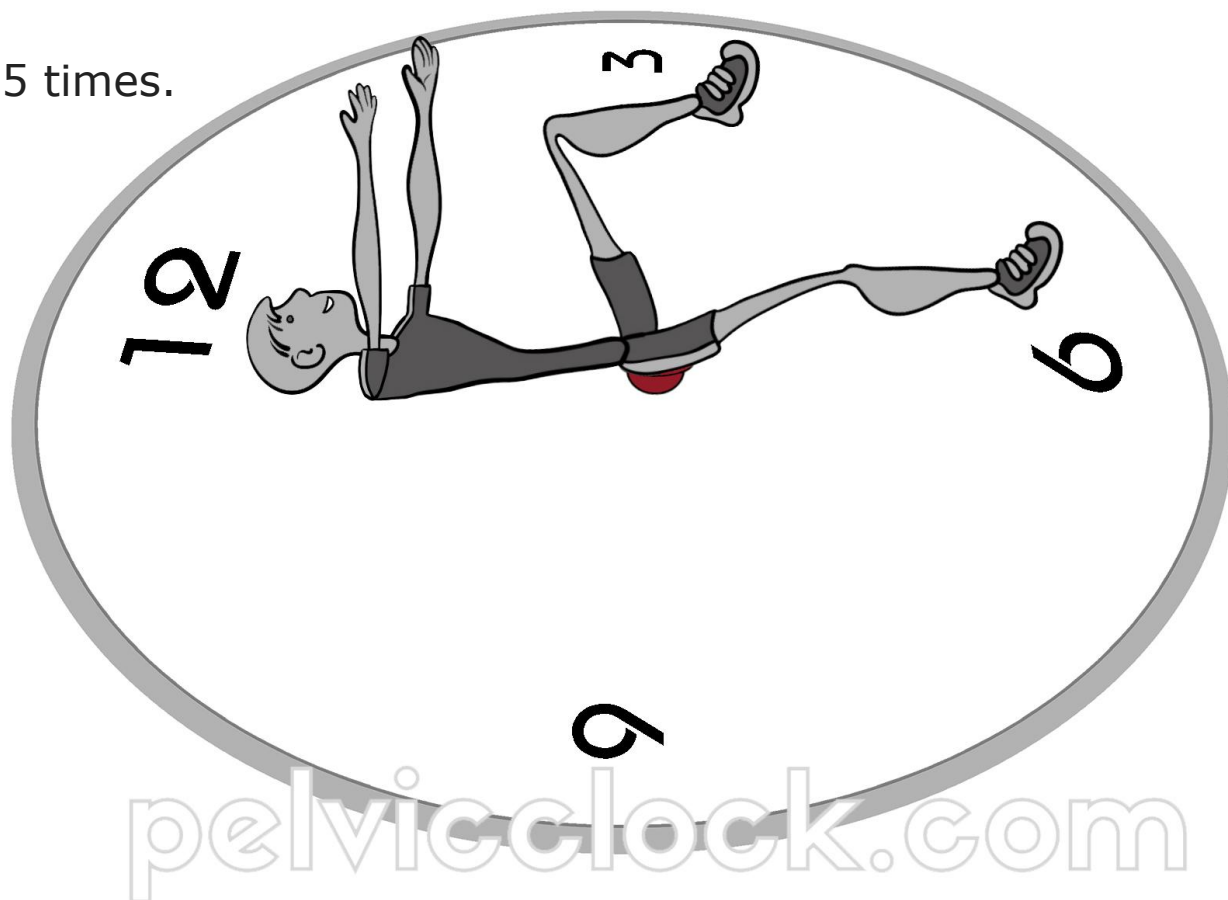
Lift your legs up in the air with your knees bent at a 90 degree angle.

Stretch your arms upwards. Hands aligned with shoulders. Balance in this position for a few seconds, keeping the flat surface of the device perfectly parallel to the floor.

Stretch your **right leg** forward toward the **6** o'clock marker. Keep the leg in the air parallel to the floor. Take five deep breaths, as you balance in this position.

Stretch your **left leg** forward toward the **6** o'clock marker. Keep the leg in the air parallel to the floor. Take five deep breaths, as you balance in this position.

Repeat 5 times.



Pelvic Clock®

Advanced Core Stability Exercises

Dead Bug Moving Legs Diagonally

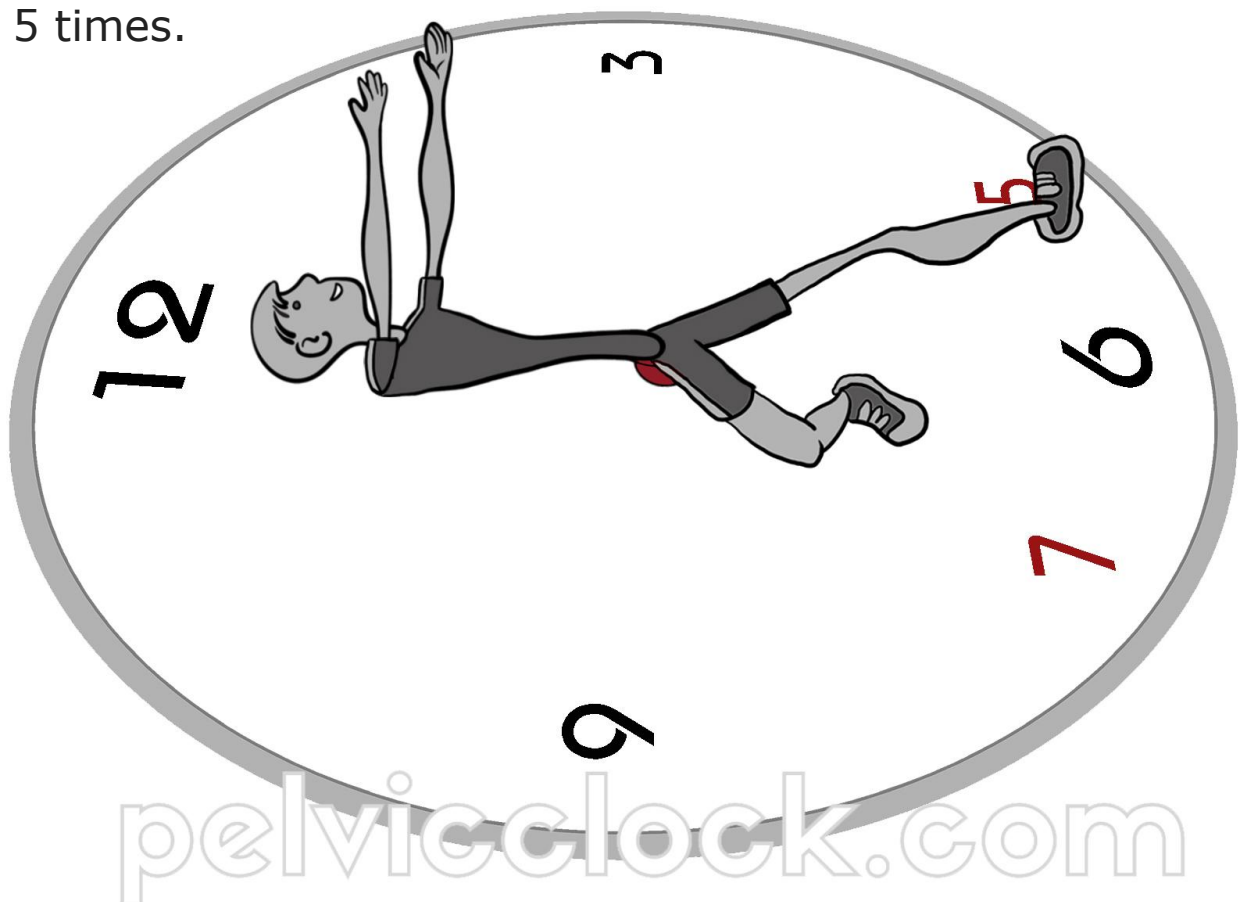
Lift your legs up in the air with slightly bent knees.

Stretch your arms upwards. Hands aligned with shoulders. Balance in this position for a few seconds, keeping the flat surface of the device perfectly parallel to the floor.

Stretch your **right leg** forward to the right toward the **7** o'clock marker. Keep the leg in the air parallel to the floor. Take five deep breaths, as you balance in this position.

Stretch your **left leg** forward the left toward the **5** o'clock marker. Keep the leg in the air parallel to the floor. Take five deep breaths, as you balance in this position.

Repeat 5 times.



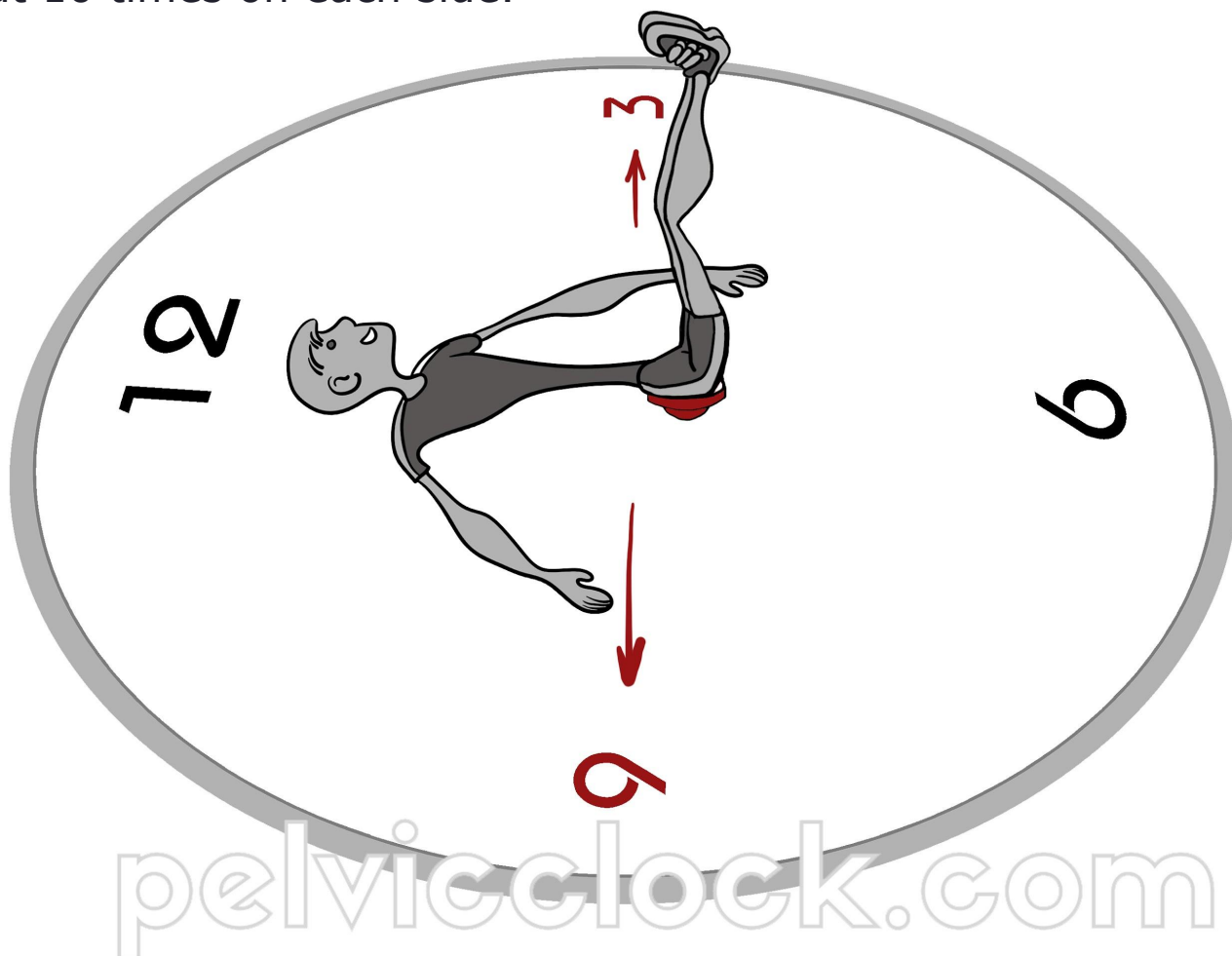
Exercise "3-9" with legs up

Get into position with your legs stretched upward; your knees can be slightly bent. Open your arms wide and lay them flat on the floor to anchor yourself.

Tilt your hips to the **3** o'clock marker and lower your legs 20 degrees to the **left**. Balance in this position for a few seconds before bringing your legs back up to center.

Now tilt your hips to the **9** o'clock marker and lower your legs 20 degrees to the **right**. Balance in this position for a few seconds before bringing your legs back up to center.

Repeat 10 times on each side.



Pelvic Clock®

Exercises

for

Overpronators

Ankle & Piriformis Stretch for Overpronators

Place the flat surface of the Pelvic Clock® Exercise Device on the floor between your feet.

Stand with the outer sides of your feet on the floor and the inner sides of the feet on the round surface of the device.

Wrap your feet around the device and curl your toes to mimic the it's shape with your feet.

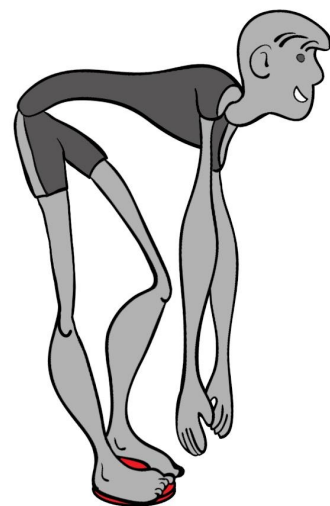
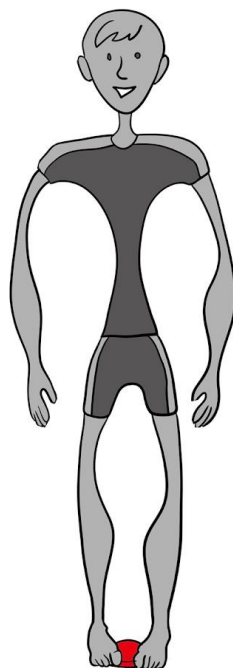
Lean forward and squat like a downhill skier, keeping your knees wide apart with your weight on the outer sides of your feet.

Touch the floor with your fingertips or clasp your hands behind your back and pull your shoulders back.

HOLD this squat for 15-45 seconds.

Then, return to the starting position.

Repeat 5 times.



Bridge for Overpronators

Lie down with your knees bent. Place the flat surface of the device on the floor between your feet.

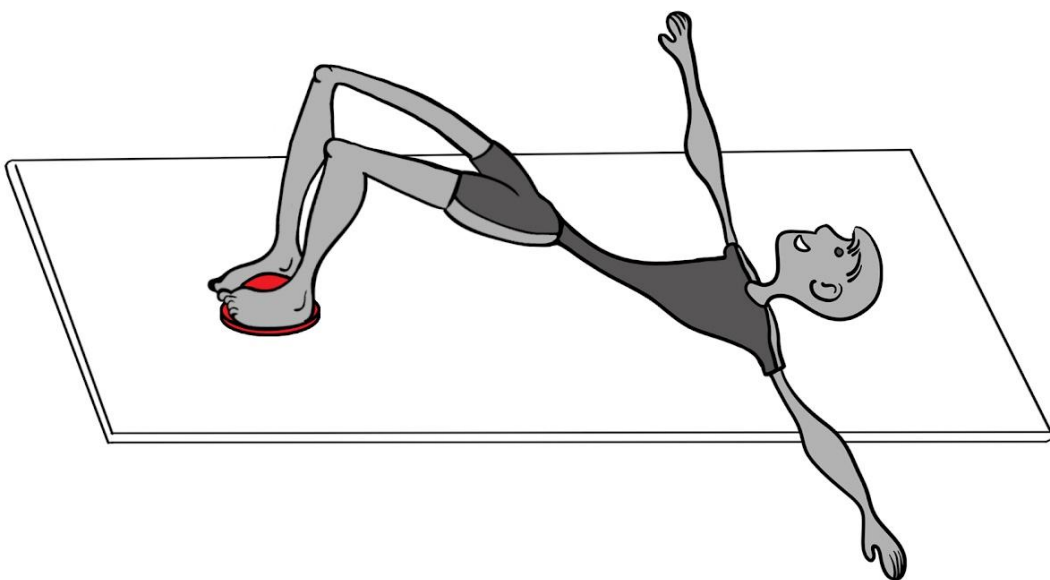
Turn the soles of your feet inward and wrap them around the round surface of the device.

Mimic squeezing a huge orthotic arch support between your feet.

Keep your knees apart with your weight on the outer sides of your feet.

Lift your pelvis off the floor. Hold the bridge for five seconds. Return to the starting position.

Repeat 10-20 times



Pelvic Clock®

Stretches for Thoracic Mobility

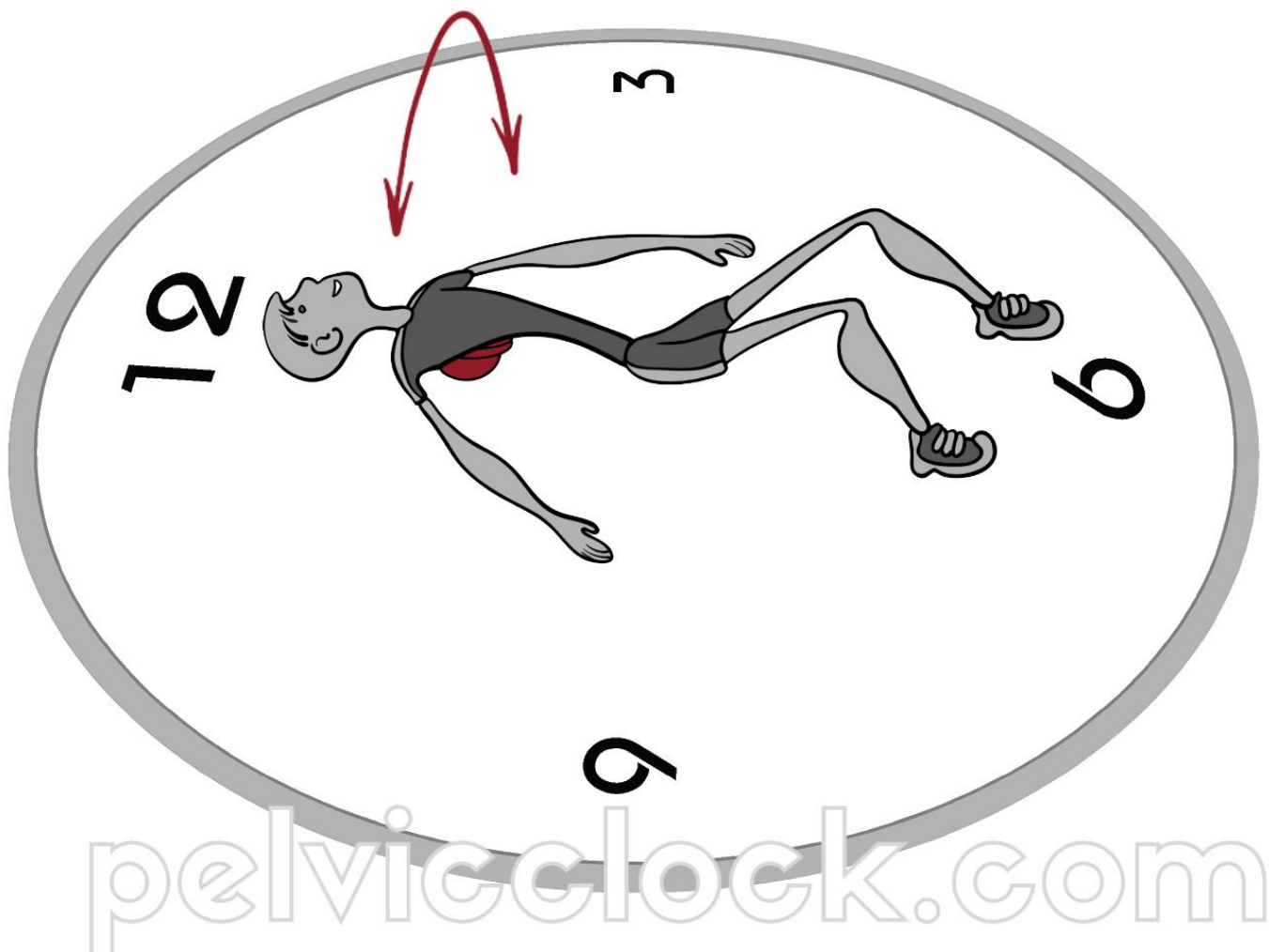
Stretch for Thoracic Mobility

Bend your knees and press your feet into the ground.

Place the flat surface of the device between your shoulder blades with the round side of the device on the ground.

Tilt your rib cage to the left. Then take a breath and tilt your rib cage over to the right.

Repeat 10-20 times.



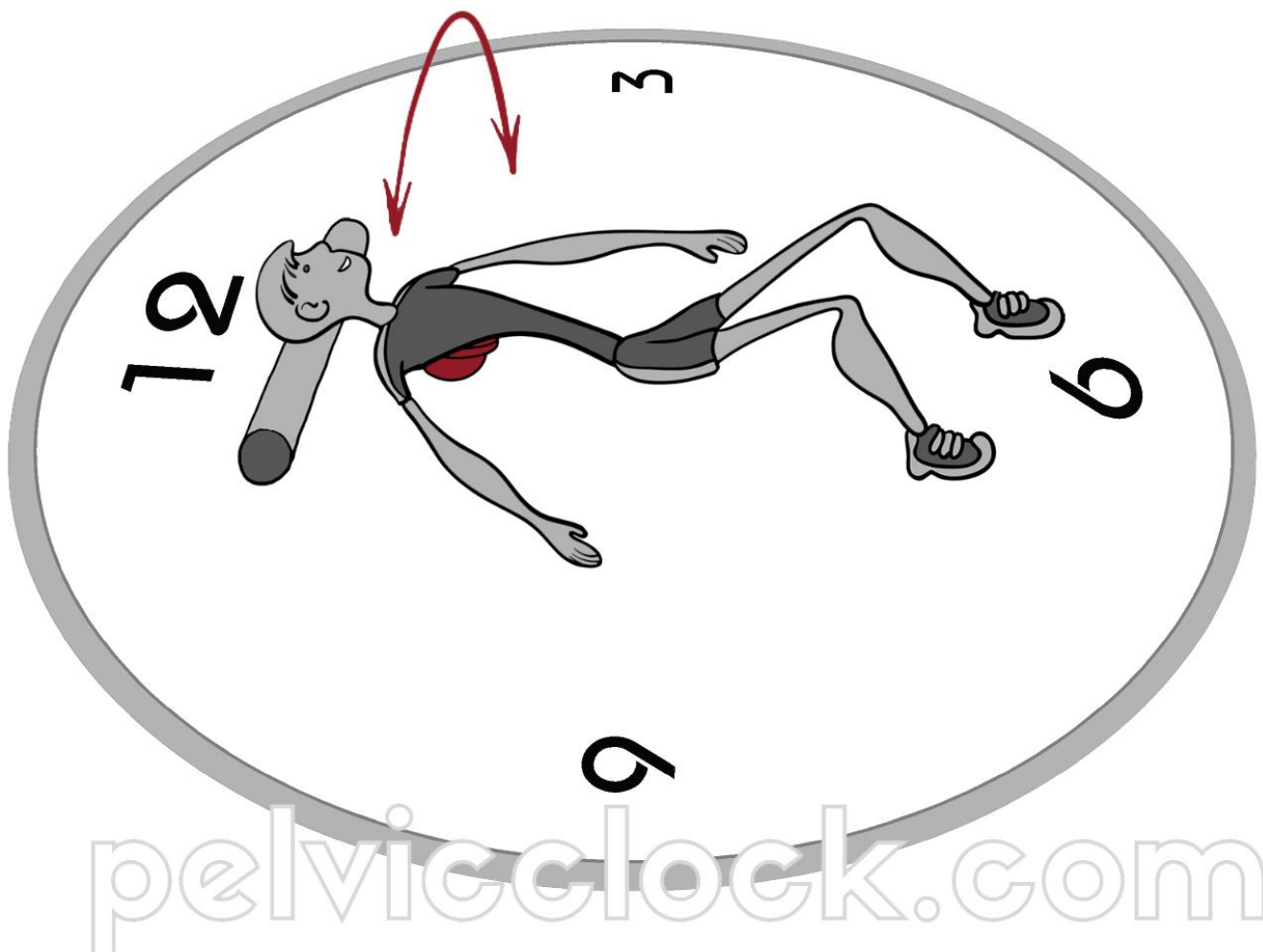
Thoracic Mobility Stretch with a Foam Roller

Bend your knees and press your feet into the ground. Place your head on a foam roller.

Place the flat surface of the device between your shoulder blades with the round side of the device on the ground.

Tilt your rib cage to the left. Then take a breath and tilt your rib cage over to the right.

Repeat 10-20 times.



Pelvic Clock®

Self-massage

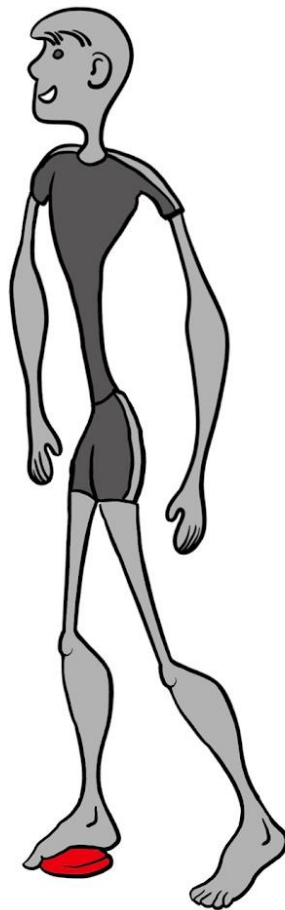
Plantar Fascia Self-massage

Place the flat side of the device on the floor. Put your foot on the round side of the device.

Hold on to a wall and step up 3-5 times in order to find a trigger point (tight or painful area) on the bottom of your foot.

If standing on the device is too painful, use the “pressure on-pressure off” technique to gradually loosen up the tight area on your plantar fascia.

Or simply stand on the trigger point until you feel a release.



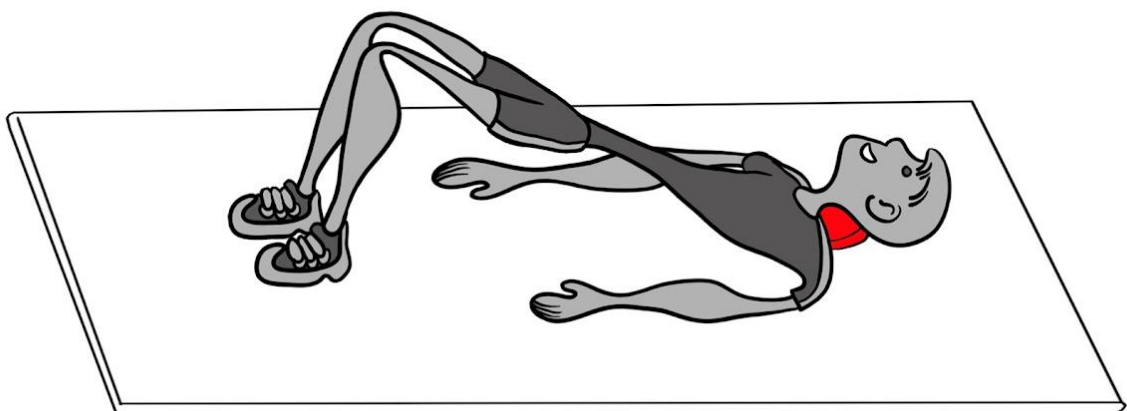
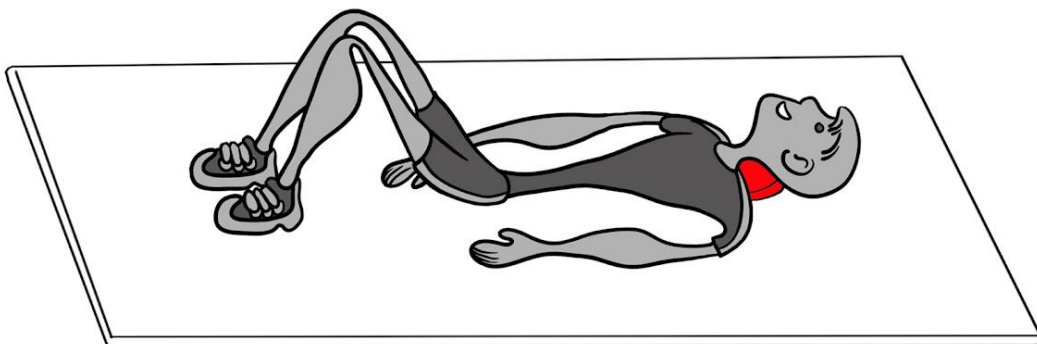
Upper Trapezius Self-massage

Place the flat side of the device on the floor.

Lie down and place one of your Upper Trapezius muscles (located on the sides of your neck) on the round side of the device.

Find a trigger point (a tight or painful area) and press down for a while.

The pressure of your body weight on the device should provide a good muscle release. If you want to increase the pressure then lift your pelvis off the floor.



Pelvic Clock®

Wall Exercises

Wall Squat

Squat against the wall with your knees bent at a 30-60 degree angle. Place the round side of the device on the wall. Place your sacrum on the flat side of the device.

12-6

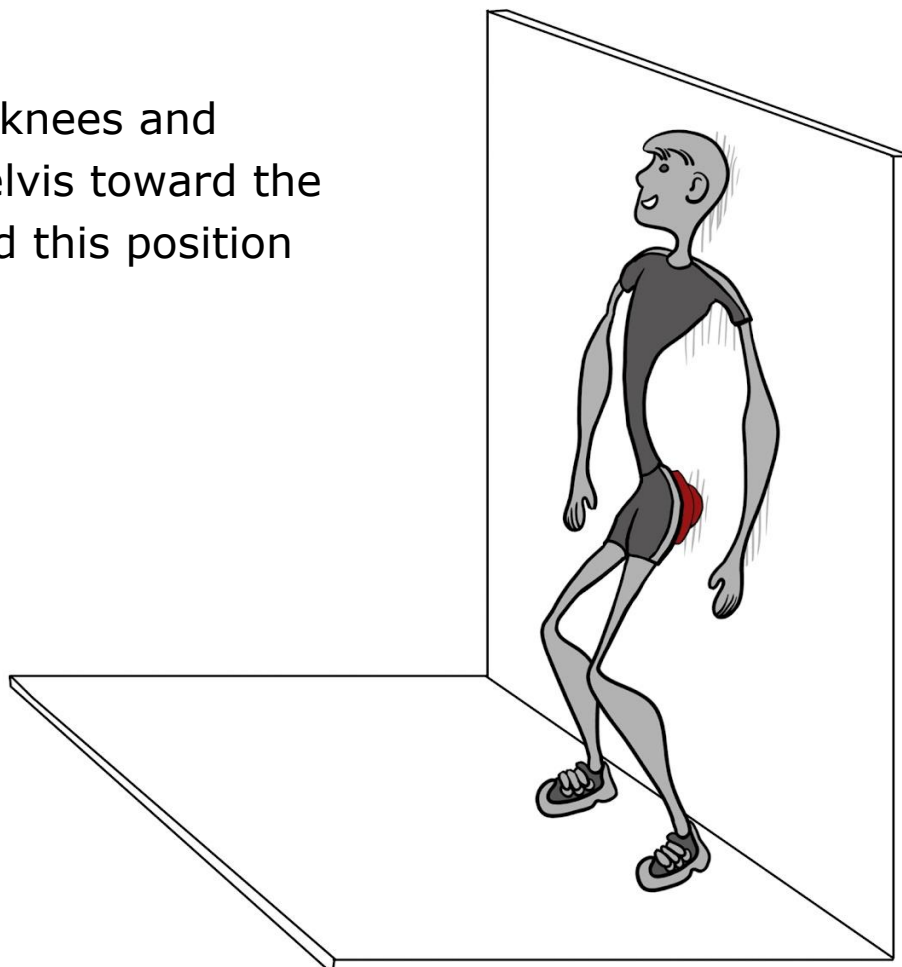
INHALE as you tilt your pelvis toward the **6** o'clock marker.
EXHALE as you tilt your pelvis toward the **12** o'clock marker.
Repeat 10 times.

3-9

Without moving your knees and shoulders, tilt your pelvis toward the **3** o'clock marker. Hold this position for 5-10 seconds.

Without moving your knees and shoulders, tilt your pelvis toward the **9** o'clock marker. Hold this position for 5-10 seconds.

Repeat 5-10 times.



Wrist & Elbow Stretch

Stand at the arm length from the wall and place the round side of the device on the wall.

Place the palm of your hand on the flat side of the device. Keep your hand parallel to the wall.

Straighten your arm and slowly turn your hand in and out.

Repeat 10 times

