

## Pelvic Power

- Touch your Pelvis.
  - What are our feelings, personal, cultural, religious about your pelvis.
  - Does it influence how you use and move it?
- How can it move?
  - 3 basic possibilities, make a little dance.
- Touch major landmarks:
  - ASIS
  - Iliac crest
  - Pubic bone
  - PSIS
  - Sitbones
  - Sacrum.
- The pelvic girdle consists of two pelvic halves: the sacrum and coccyx.
- There 5 joints connecting the pelvis to the rest of the body.
- Due to its central position any imbalance in the pelvis can have a major influence on the rest of the body.
- The pelvic half as a twisted plate, a figure eight etc, how does it move?
- Sit-bones out on leg flexion and in on leg extension.
  - The pelvic half as a whole rotates in on flexion and vice versa.
- The terminal rotation of the femur bone
  - Out on flexion, in on extension.
- The sacrum performs slight nutation (tail out) on flexion and slight counter-nutation (tail in) on extension.
- Pelvic floor exercises lying on the balls.
  - Notice influence on lower back and posture
  - Pelvic floor imagery in sitting, standing, walking.