

PELVIC EXERCISE

Bowenwork exercises use reciprocal innervation to minimize the influence of the stretch reflex, which often leads muscles to over tighten. As with all things related to Bowenwork, less is best. No more than 6 reps with each leg, once a day. Always start with the easier side first. These exercises should be done very s-l-o-w-l-y and very gently, “listening” with awareness. Stop any movement at the first sign of pain.

Do NOT perform these exercises on the day of treatment, but start the following day.

Do once a day, every day, until your next appointment.

It is best to do this lying in bed before you get up in the morning. Lie on your back with legs straight, arms stay by your side.

1. Start with the easier side first, drag your heel on the bed towards your buttock, bending your knee, bring your heel as close to your buttock as you can without force.
2. Next, bring your bended knee in towards your chest as far as it will go towards your chest without force.
3. Now lift the leg up in the air to straighten it and s-l-o-w-l-y lower straight leg, using your muscles to set it down gently.

Do 6 repetitions on the looser side first then do 6 repetitions on the other leg, once a day.

Note: This must be done with no discomfort. If you feel pulling in the sacrum, you may place your hands on either side of sacrum to support it. If further support is needed for the low back, both knees may be bent before beginning, and one leg may remain bent throughout. If there is still discomfort, then the leg is being lifted too high and causing strain. This exercise is just as effective if the leg achieves it's highest straightened position without strain only a few inches from the bed. Lower slowly from there.

