

3 Way S.I./Piriformis

Lie on your right side (or the side specified for you) with your hips, knees and ankles at 90 degrees. Your head is rested on a pillow or your forearm. Tilt your pelvis 6 to 12 o'clock. Stop when pelvis is just past 6 o'clock, about 5:45. Keep your pelvis at 5:45 during each of the following 3 exercises:

1. As you exhale pull your navel in then move your left sit bone smoothly towards your heel to a count of five. Your left side will stretch as your right waist comes off the floor. Pause there, then slowly release to a count of five. Repeat 10 times.
2. Start pelvis at 5:45. Imagine there is a laser beam coming out of your hip onto the ceiling. Pull your navel. Draw 10 tight circles with your left hip, clockwise then counter clockwise.
3. Cradle your head with your left hand. Pelvis is at 5:45. As you exhale pull your navel in, lengthen your spine, push your right hip to the table to stabilize the pelvis and then side bend left moving your thoracic spine. Your head may lift a little, but your head should remain rested in your hand, less is more. Repeat 10 times.

Repeat steps 1 thru 3 on the other side if instructed.