

### **Pelvic Realignment:**

Step 1: Patient must perform 3 bridges in supine position

Step 2: Patient with legs straight on Table.

Step 3: Measure Medial Malleolus (inside ankle bones) bilaterally and see if level

Step 4: Measure top of Iliac Crests (pelvic bones at side of body) and see if level

Step 5: Measure ASIS (prominent landmark 2" below belly button and 5-8" laterally from belly button) and see if level.

Step 6: See if all 3 measurements from steps 3-5 agree with each other

### **Decision making time:**

**Option A:** All 3 measurements are level with each other: Pelvis is aligned and more than likely a muscle spasm. Unable to adjust pain out.

**Option B:** All 3 measurements are the same but not level: example the Left side ankle, Iliac Crest, and ASIS are all higher than the Right. The Left side is up-slipped.

**Treatment:** The side that is up-slipped you yank down 2-3 times sometimes with audible pop.

-After yanking the patient bends both knees and you resist the patient trying to push their legs together than apart 3 times. This helps to set the adjustment.

-Have the patient perform 3 bridges then re-measure to see if adjustment worked

**Option C:** Ankle and Iliac crest measurements are equal, but the ASIS measurements are different. In this case the pelvis is rotated.

**Treatment:** The side that is higher needs to be anteriorly rotated and the side that is lower needs to be posteriorly rotated. This is accomplished using the scissor technique. The side that is anteriorly rotated you put that leg on your shoulder and the other leg lays flat on the ground; with you as the therapist in the middle. The patient will squeeze you in between 5-10 times with 3-5 second holds.

-After squeezing, the patient bends both knees and you resist the patient trying to push their legs together than apart 3 times. This helps to set the adjustment.

-Have the patient perform 3 bridges then re-measure to see if adjustment worked

**Option D:** The patient is both up-slipped and rotated. After doing up-slip technique (option B) the person is now Option C. Perform both techniques and then re-measure.

**Option E:** Patient (Wife) is old. Find new Wife!! Call if you need help. Work: 944-8140.