

Do's & Dont's

- Avoid being seated for too long. If possible, get up every 45 minutes & stretch. Adjust your car seat to the greatest possible, comfortable reclined position.
- Do not wear a wallet or carry things in your back pocket/s that may alter the way you sit.
- Use a pillow or other support (books or magazines) to balance a pelvis that is smaller on one side.
- If your physician has determined that you have a leg length difference on one side, then you should use a heel lift anytime you are up & about.

**Sleeping**

- If you sleep on your side, then sleeping with a pillow between your legs may be helpful.
- If you sleep on your back, then sleeping with a pillow beneath your knees may be helpful.
- Beds that are too soft & sag need a mattress board or need to be replaced.
- Laying on your side in the fetal position should be avoided because your muscles may be too smushed.

Doorway Stretch

Stand in a doorway with one leg in front of the other. Place your hands flat at about shoulder level on both sides of the doorway and lean into the doorway (figure A). Focus on your pelvis and imagine that you are trying to sit down with one leg in front of you bent at the knee & the other leg behind you with that knee straight. Continue to "sit-down" in this stretched position for 3-5 deep breaths. Stand up, take a breath & then switch your legs & repeat the stretch on the other side. Do each side 3-5 times and repeat this exercise 2-3 times a day until you no longer feel the tightness in your hip when performing it.



"Cobra" Stretch



Lay down on your stomach. Place your hands at shoulder level on either side of your chest as if you were going to do a push-up, figure A. Push up, like a regular push-up, but try to keep your pelvis & groin on the floor/bed resulting in the "cobra" posture, figure B. Take 5 deep breaths & slowly lower yourself downward again. Rest for a breath or 2 & then repeat it again 4 more times. The whole exercise should be repeated 2-3 times a day. **Lessons from yoga:** *If you look up while up in the "cobra" posture, then you might get some added stretch of your chest & abdominal muscles. This stretch can open up the entire front of your body.*

Laying Contract & Stretch



Sit down on the end of a table or bed and place your hands over your waist so that you feel the pointy bone in the front, figure A. Bring one leg to you chest & hold it there. Lower the other leg off the chair and allow it to dangle toward the floor. While inhaling deeply, raise the dangling leg slightly towards the ceiling, figure B. Upon exhaling, allow the dangling leg to relax and lower towards the floor again. Repeat 3-5 times & then repeat the whole process on the other side. The exercise should be repeated 2-3 times a day.