

Do's & Don't's

Sitting

- Avoid being seated for too long. If possible, get up every 15 or 20 minutes, stretch & walk around (this includes driving).
- Avoid sitting on one foot.
- Do not wear a wallet or carry things in your back pocket/s that may alter the way you sit.
- Sit or lean against a wall when dressing. Near falls when putting clothes on are common causes of trouble with this muscle.
- Use a pillow or other support (books or magazines) to balance a pelvis that is smaller on one side.
- If you must sit for extended periods, change positions frequently to avoid being in one position for extended periods.

Sleeping

- If you sleep on your side, then sleeping with a pillow between your legs may be helpful.
- Beds that are too soft & sag need a mattress board or need to be replaced.

Acupressure



Place a tennis ball between you & the floor or a wall. Roll around on it until you have identified a tender point & hold pressure there for 10 seconds. Then move it 1 inch ever 10 seconds until all the tender points are gone.

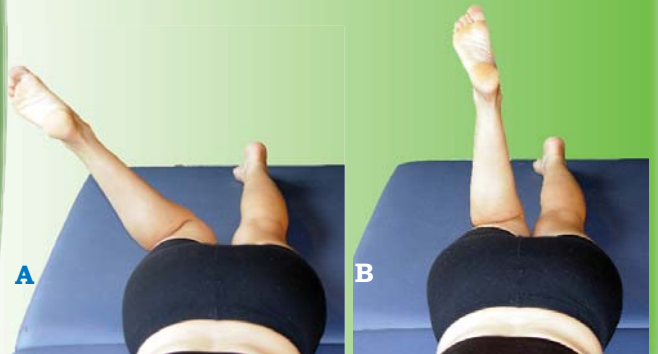
Gentle Stretch

Lay on your back. Cross one leg over the other, as shown above. Grab your hip pointer & hold your hip against the table. Place your other hand on the outside of your thigh. Inhale deeply & gently press your thigh into your hand. Then, exhale, relax your leg and allow your thigh hand to pull your leg further towards the other side. Repeat this 3-5 times & then repeat the whole activity 2-3 times a day.

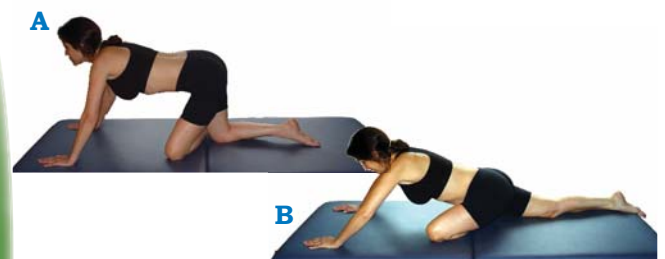


Gravity Muscle Release

Start by lying on your stomach. Bend the knee of your involved side and allow gravity to take your foot toward the floor (figure A). Use your muscles to lift the foot away from the floor for 20 seconds (figure B). Then, allow your muscles to relax & let gravity take your foot to the floor again for another 20 seconds (figure A). Repeat this 3-5 times & then repeat the whole activity 2-3 times a day.



Doggy Style Stretch



Lay on your back. Cross one leg over the other & grab your leg at your knee & your ankle, as shown above. Draw your leg as close as you can to your chest & push your leg into your hands for 5 deep breaths. Then, relax & pull your leg closer to your chest. Repeat this 3-5 times & then repeat the whole activity 2-3 times a day.

Harder Stretch

Lay on your back. Cross one leg over the other & grab your leg at your knee & your ankle, as shown above. Draw your leg as close as you can to your chest & push your leg into your hands for 5 deep breaths. Then, relax & pull your leg closer to your chest. Repeat this 3-5 times & then repeat the whole activity 2-3 times a day.

