

Normalization of Muscle Function

Chapter 63 - Tensor Fascia Lata Muscles

In General

Sitting

- Avoid being seated for too long with your hips at 90 degree angles.
 - If possible, get up every 15 or 20 minutes, stretch & walk around (this includes driving).
 - Put your seat back in a more reclined position whenever possible. A small pillow, folded towel or newspaper may be used to achieve a better angle.
- Avoid sitting in the lotus position.

Sleeping

- If you sleep on your side, then try to sleep with your leg extended at the hip greater than 90 degrees. Also, 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.

Driving

- Use cruise control whenever possible, this allows you to relax in the reclined position easier & allows you to change position as often as you are comfortable doing.
- Put the seat back to achieve a more reclined position.

Jogging & Walking

- Avoid walking or jogging up &/or down hills as much as possible.
- If this is your main form of exercise & you do it greater than 3 times a week you will need to replace your shoes every 3-6 months. Even if the wear doesn't seem that great the protective shock-absorbing system within the shoe has worn out!
- Stretch this muscle before & after exercise as shown below.

Standing Stretch

Stand squarely on your feet with one hand on the opposite hip of the side you are going to stretch. Then shift your weight mostly onto the side you are trying to stretch, allowing your hip to shift toward that side. Reach the arm on that side over towards the other side. Hold this position for 5 deep breaths & feel your hip relax with each breath. Perform this stretch on both sides before any exercise & 3-5 times a day.



Self-Massage

Feel along your lateral thigh starting just above your right knee & as you move your hand more towards your hip make a small circular massaging of your thigh with your finger-pads (figure A). Each time you find an area of pain continue to massage it until the discomfort dissipates. Once you reach your right hip, then repeat the same exercise on the opposite side, but this time start at your hip & move towards your knee. Some people find using a tennis ball & rolling it helps to ease the discomfort & is less demanding on the fingers (figure B). Repeat this 3-5 times a day.



Laying Stretch

Lay down upon your bed in the side-lying position with your back close to the edge & your head supported by a pillow. Allow your top leg to ease off of the bed behind you & reach forward with your top arm so you counterbalance your leg (figure D). Inhale deeply and lift your leg slightly towards the ceiling (figure E). Upon exhaling, allow gravity to pull your leg down again (figure F). Repeat this exercise 6-8 times & then just allow gravity to pull it down for 20 deep breaths. Repeat this same stretch on the other side. Do these stretches 3-5 times a day.



Strengthening with Weights

Only start the strengthening routine once you are pain-free & can stretch free of pain. Master this exercise without weights first.

1. Start in the sidelying position with your ankle weights on (Figure A).
2. Point your toe & twist your leg in towards your other foot. Then, lift the top leg straight up, so that your legs make a 15-30 degree angle (Figure B).
3. Return to the start position by reversing the steps & repeat for 5-10 repetitions & then do the same on the other side.
4. Perform this exercise 2-3 times a day.





Position: Either seated comfortably in a high back chair (figure A), seated in the lotus position (figure B) or laying flat on the floor (figure C)...really any position that is comfortable for you to be in.

The breath: Breath deeply in and out through your nose with your tongue resting comfortably on the roof of your mouth. If you place a hand below your belly button and one on your chest they should be rising and falling together.

The Mindset: As you sit or lay there focusing on your breathing imagine that you are in a forest. Observe the matured trees & notice how although their trunks are separated by some distance their branches intermingle. The distance is necessary so that they have an adequate supply of water & sun to grow, but the function of providing an umbrella to diffuse the light allowing the smaller flora to grow is served & providing a protective shelter for animals is also served.

Next allow your focus to shift to these forest animals...squirrels, owls, deer, rabbits, foxes, bats, birds... etc. Plants & animals live in a symbiotic relationship with each other. Some animals are vegetarians & others are predators. Try to feel the rhythm of the forest, the ebb & flow of the interconnected life within. We too as human beings are connected to each other. And, like the animals & plants we need to have space for ourselves & for those around us. We need to respect this need for space because it is important to have that space to grow both physically & mentally.

Respect your interconnectedness with those around you. Respect your need for space & the need of space for those around you. Envision where & what you want to do with your life... whether you want to be a predator or a vegetarian, both have value & are connected to each other. What is your role in the forest of your life? Take 3 deep breaths & open your eyes taking care not to lose that feeling of interconnectedness with the world.

Affirmation: End your meditation by telling yourself: *"I am an important part of this world. I will allow myself room to grow & others room to grow. We are all connected to each other & I am part of this connection."*