

About the Pelvic Area

The area spans from slightly above the navel at approximately the 11th to 12th rib to the top of the thigh, including the hip joint. It houses two-and-a-half bands: the lower half of the fire band, the water band, and the earth band.

Muscle	System	Location
Psoas	Kidney	From inside of upper femur to the inside of lumbar spine
Quadratus Lumborum	Large Intestine	From the top of iliac crest to the bottom of 12 th rib and 1 st four lumbar vertebrae
Piriformis	Circulation-Sex	From the inner surface of sacrum to the inner surface of the femur
Gluteus Medius	Circulation-Sex	From the lateral surface of the ilium to the posterior surface of the greater trochanter of the femur
Gluteus Maximus	Circulation-Sex	From the back of the ilium and across the sacrum to the top and back of the femur—3" down
Sartorius	Triple Warmer	From the front of outer hipbone across the front of the leg to the inside of the leg below the knee
Gracilis	Triple Warmer	From the pubic bone to shin inside the knee
Abdominals	Small Intestine	From the lower 8 ribs to upper hip / pubic bone
Sacrospinalis	Bladder	Along spine and sacrum from skull to hips
Latissimus Dorsi	Spleen/Pancreas	Along spine from T6 down to hips to inside arm below shoulder
Fascia Lata (Peripheral)	Large Intestine	From the outer edge of the hip to below the outside of the knee

Functions of the Area

- Static support for the viscera
- Centering—a magnetism that holds the periphery together—centering is not possible without this area being aligned
- Main pivotal joint for the body
- Makes possible motion for the entire body in many frameworks—rotation, discharge, action—to name three

Positive Emotional Themes

- Firmly structured and supported
- Centered, grounded
- Ability to move, to respond
- Stable, secure, confident
- Resolved and decisive
- Vitality, being active and fully alive
- Playful
- Spring of youth

Negative Emotional Themes

- Unstable, insecure
- Hypersensitive, defensive and over-reactive when not grounded or centered
- Confused
- Apathy, deadness, paralysis
- Held back or too loose in personality
- Twisted personalities
- Stubborn, rigid
- Difficulty seeing things to completion—projects, thoughts, etc. left undone

Possible Postural Distortions of the Area

- High hip
- Lateral hip
- Hip turned in
- One side locked
- Long/short leg
- Anterior tilt, forward of plumb line—flat back
- Posterior tilt, behind plumb line—sway back at times

If Area Functions Properly

- Centered, grounded, stable
- Ability to hold yourself up, stand erect, confidence
- Purposeful
- Freedom of movement in all directions
- The ability to move forward and take action on impulses and desires
- Feeling and knowing yourself deeply
- Healthy creativity and sexuality
- The ability to take on challenging situations, to dig deep and follow a process through difficult or uncomfortable times