

# Pelvic Clock

This is a neuro-muscular exercise that uses a series of circular pelvic movements to create a release of tension in the musculature of the hips, pelvis and lower torso. It is also a sensory-motor exercise that helps develop awareness of this area of the body through the contrast we feel before and after doing it. Because of this, it is important to *walk before doing the exercise*, and effort to sense these things:

Areas of tension in the low back, hips, legs and pelvis.

Sense of ground, stability and balance.

How your feet are contacting the floor with each step.

Do you feel centered, unified, and in your body as you walk.

Position of your pelvis.

Where do you feel you are moving from.

Sense of effort and ease and fluidity with movement.

As these are not strengthening or stretching exercises, do not stress to make the movements intense or forceful. Rather attempt to achieve precision and smoothness. Also, seek to relax any muscles or parts of the body that you tend to hold tight unnecessarily while attempting to do the exercise.

1. Lie on your back on a carpeted floor in as relaxed a manner as possible. Observe, starting with your heels, how you are making contact with the floor, where your body is making contact, and where it is not. Observe in detail how much surface area of your body is in contact with the floor. Also observe any difference you feel in your contact with the floor on your right side, and then the left side.
2. Lift your legs so that your knees are up and your feet are on the floor in a comfortable position. **Without using your legs or feet for pushing**, flatten your low back using your abdominal muscles. Then rock your pelvis so that your tail bone is touching the floor and your low back is arched. Now rock back and forth between your flat back and your arched back position about 10 times. Now stop in the middle, or where you feel that you are in a resting position. Now rock your pelvis side to side, again not pushing off with you legs or feet, but allowing you knees and legs to move side to side as you rock.
3. Now you are ready to do the clock. Imagine you have a clock dial drawn on your butt. The 12 is the flat back, the 6 is on the tail bone. the 3 is to the right and the 9 is to the left as you rock from side to side. All the other numbers fall into their appropriate places on your butt-

dial. Rock your pelvis in a circular motion touching each number to the floor in a clockwise direction, but not stopping on any number. Continue making circles like this for about 25 rotations in the clockwise direction. Attempt to make the clock dial as round as possible. Then stop and start in the counter clockwise direction for another 25 rotations.

4. After completing step 3 straighten your legs and lie flat on the floor and take a moment to notice any changes about your position on the floor, contact area, side to side, etc.

5. Return your legs to the knees up position, let your knees drop out to their respective sides and have the soles of your feet touch each other. Now make about 12 rotations on the clock dial in each direction, and when done bring your knees back up and make another 12 rotations on the dial in each direction.

6. Now return to the relaxed flat on the floor position and again observe all that you can about your position on the floor, and how you feel on the floor and in your body.

7. *Slowly get up* after taking a few moments to relax, stand for a moment in one place, and then walk for about 5 minutes, taking mental note of any and all changes you feel in walking and in your body. Refer back to the list at the beginning of the exercise to see if it is now clear what is meant by these things, such as being grounded, and if anything has changed. Enjoy how it feels to walk. Is it easier and more fluid?

8. Record any notable observations in your notebook.