

Franklin Method™



Pelvic Power

- 1) Touch your Pelvis. What are our feelings, personal, cultural, religious about your pelvis. Does it influence how you use and move it?
- 2) How can it move, 3 basic possibilities, make a little dance.
- 3) Touch major landmarks; ASIS, Iliac crest, Pubic bone, PSIS, sitbones, Sacrum.
- 4) The pelvic girdle consists of two pelvic halves and the sacrum. There are 5 joints inside the sacrum and 5 joints connecting the pelvis to the rest of the body.
- 5) Due to its central position any imbalance in the pelvis can have a major influence on the rest of the body.
- 6) The evolution from quadruped to biped, creating curves in the spine and movement between the pelvic bones.
- 7) The pelvic half as a twisted plate, a figure eight etc, how does it move? Sitbones out on leg flexion and in on leg extension. The pelvic half as a whole rotates in on flexion and vice versa.
- 8) The terminal rotation of the Femur bone; out on flexion, in on extension.
- 9) The Sacrum nutates (tail out) on flexion and counter-nutates (tail in) on extension.
- 10) Pelvic floor exercises lying on the balls. Notice influence on lower back and posture
- 11) Pelvic floor in sitting, standing, walking.

For information on the Franklin Method, workshops and trainings;
Please visit our homepage at: <http://www.franklinmethod.com>