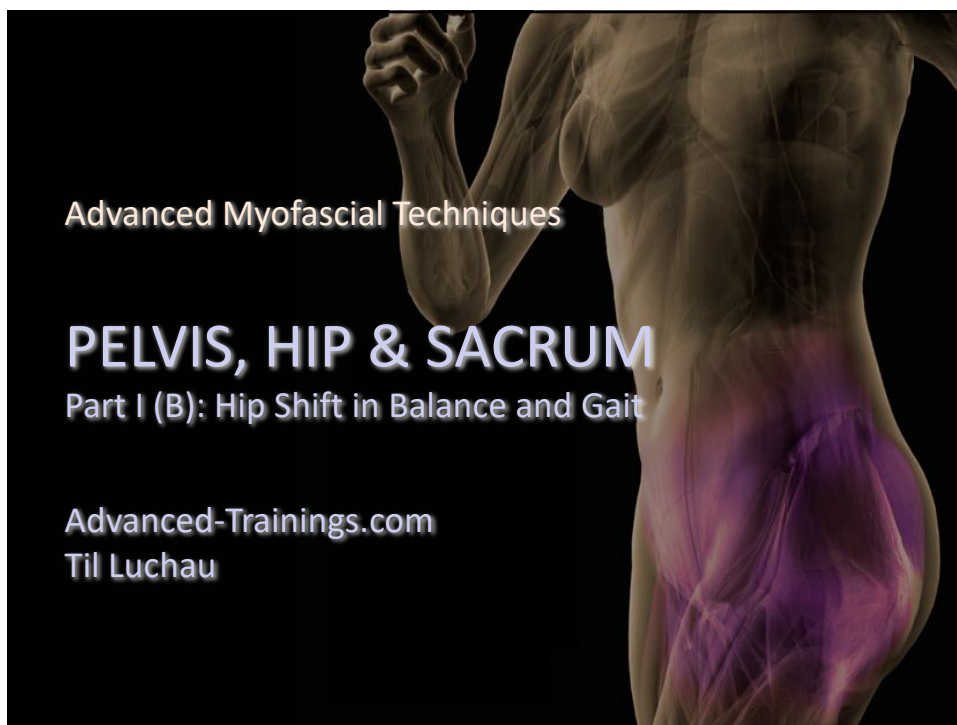




USEFUL INFO & LINKS

Principles:
Pelvis, Hip, & Sacrum Online Course

Meeting Link (via Zoom):

<https://bit.ly/pelvis-principles-zoom>

Or by phone: +1 669 900 6833

Meeting ID: 773 980 535

Password: pelvis

Meeting Schedule:

Four Live 90min Lectures

11am PT, 12pm MT, 1pm CT, 2pm ET, 7pm UK

Wednesdays Apr 29, May 6, 13 & 20, 2020

Small groups weekly on Mon & Tue starting May 4

Advanced-Trainings.com Office:

info@advanced-trainings.com

Tel/SMS: +1 303 499 8811

Skype: advanced-trainings

A-T Faculty contact info:

<https://a-t.tv/pelvis-principles-live-online/#faculty>

Course Navigator:

<https://a-t.tv/courses/pelvis-principles/>

Private Forum (all links, schedules, announcements)

<https://www.facebook.com/groups/pelvis.principles/>



Zoom Meeting Link



Course Navigator



Forum

B-01

b. HIP SHIFT SEQUENCE

Intentions / Goals:

- ABductors and aDuctor release with 1. _____
- Leg/pelvis 2. _____
- Obterator internus 3. _____
- Pelvic floor 4. _____

Indications:

- 6. _____ pain
- Gait, walking, 7. _____ limitations
- 8. _____ issues: incontinence/retention, pre-/post-partum, prostate conditions, etc.





Stork Test: Front View (Lat. Shift)

Storchtest von vorn (lateral Shift) Prueba De La Cigüeña: Desplazamiento Lat.

B-02

P




Instructions / Intentions / Feel or Watch For:

- When raising knee (hip flexion), does pelvic girdle (PG) shift laterally, or only shoulder girdle (SG)?
- If PG shift is diminished:
 1. ABductors on supporting side don't lengthen/release, and/or
 2. Sacrum could be fixed in side-bending towards supporting side.

Movements / Cues:

Notes:

Upper photo: left SG shift, indicating reduced abductors lengthening on left side, and/or sacrum fixed in left side-bending .

Lower photo: PG shifting left along with SG, indicating that left side abductors are able to release, and that sacrum is adaptable (not fixed in left side-bending).

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Leg Across Body

Bein über Kreuz

Pierna A Través Del Cuerpo




Instructions / Intentions / Feel or Watch For:

Feel for ability of lateral line (entire side-body) to lengthen.

Movements / Cues:

Notes:

Prone or side-lying

B-03

P

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Hip ABductors

ABduktoren der Hüfte

Abductores De La Cadera




Instructions / Intentions / Feel or Watch For:

Work all around trochanter, including gluteals and ITT

Movements / Cues:

- a. Knee towards and away from chest
- b. Knee towards ceiling ("Fire Hydrant")

Notes:

B-04

D

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Iliotibial Tract

Iliotibialtrakt

Tracto Iliotibial




Instructions / Intentions / Feel or Watch For:

Movements / Cues:

Notes:

B-05

D

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ADductors

ADduktoren

Aduktores




Instructions / Intentions / Feel or Watch For:

1. Quads/ADductor differentiation
2. ADductor/Hamstrings differentiation

Movements / Cues:

- a. Knee flexion and extension and/or
- b. Pelvic rocking

Notes:

Be sure to work psoas m. after working adductors

B-06

D

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4



Medial Hamstring Origins

Mediale Ansätze der Hamstrings
Orígenes Medial Los Músculos Isquiotibiales
B-07

D



Instructions / Intentions / Feel or Watch For:

Movements / Cues:
Pelvic rocking, knee flexion

Notes:

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Ischial Tuberosity & Ramus

Tuber ischiadicum & Ramus
Tuberosidad Isquiática Y Ramus
B-08

D



Instructions / Intentions / Feel or Watch For:
Practitioner's ulna is parallel to ramus on adductor attachments.
Slowly lift shoulder to "scoop" leg from pelvis

Movements / Cues:

Notes:
Support client's upper leg on pillow to minimize pelvic rotation.

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Obturator Internus

Obturator internus *Obturator Interno*

B-09

D



Instructions / Intentions / Feel or Watch For:
 Medial to ramus, low angle of approach; wait for release; feel through core of body all the way into neck.

Movements / Cues:

Notes:

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Psoas, Iliacus: Lateral Access

Psoas, Iliacus: Lateral Zugang *Psoas, Iliaco: Acceso Lateral*

B-10

I



Instructions / Intentions / Feel or Watch For:
 A. Psoas: sink in slowly just anterior to quadratus lumborum.
 B. Iliacus: fingers gently curl around iliac crest.

Movements / Cues:

Notes:

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Post-Lecture Actions & Home-Study

Highly recommended (but optional):

1. Watch "**B. HIP SHIFT SEQUENCE**" chapter in **PELVIS, HIP, & SACRUM: AMT Online Video** or **Workshop DVD**
2. Read **Chapter 9: 'Hamstring Injuries'** p89 in **AMT Volume 1**
3. **Invent**, practice, and teach someone else a self-stretch, yoga asana, mobilization, or dance move based on one of the B Sequence techniques.
4. **Complete** any other home-study recommendations mentioned in the lecture
5. **Note** questions to bring to your live small-group meeting.
6. Give us your **feedback** (optional):
 - **Feedback: Lecture B (Pelvis: Principles)**
 - **Feedback: Small Group Round B (Pelvis: Principles)**



SEQUENCE PAGE ANSWERS

a. HIP & S.I. SEQUENCE

- 1. Hip joint mobility
- 2. SI freedom and normalization
- 3. Rotator release
- 4. Preparation for deeper pelvic work
- 5. Hip joint issues, 6. Sciatica, 7. SIJ or 8. back pain, etc.

b. HIP SHIFT SEQUENCE

- ABductors and aDductors release with 1. weight shift
- Leg/pelvis 2. differentiation
- Pelvic floor 3. refinement
- 4. Obturator internus release
- 5. Low back pain
- Gait, walking, or 6. balance limitations
- 7. Pelvic floor issues: back pain, incontinence/retention, pre-/post-partum, prostate conditions, etc.

