



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

D-01

d. SACRUM SEQUENCE

Intentions:

- Balance and desensitize sacral 1.
- 2. and closure

Indications:

- SIJ or lumbar pain, esp. with 3. or 4.
- Limited sacral 5. (Stork Test)
- 6. scoliosis, 7. differences, etc.





Pelvis Dangling

Baumelnlassen des Beckens

Pelvis Colgando

C-10

I



Instructions / Intentions / Feel or Watch For:

Movements / Cues:

Notes:

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Sacral Nutation Test

Sacraler Nick-Test D-02

Prueba De Nutación Del Sacro P



Instructions / Intentions / Feel or Watch For:
 Sacral base should go anterior in spinal back bending and posterior in spinal forward bending. Feel for evenness of this motion on left and right.

Movements / Cues:

Notes:
 Derotate lumbar after addressing any sacral rotation.

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SI Release: Anterior/Posterior

ISG lösen: anterior / posterior D-03

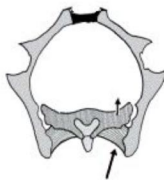
Publicación SI: Anterior / Posterior D



Instructions / Intentions / Feel or Watch For:
 Lift on one side of sacrum from under client, while applying gentle counter-pressure on ASIS; feel for anterior/posterior release.

Movements / Cues:

Notes:



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Sacral Back-Bending

Rückwärtsbeugen des Sacrums

Volver Sacro-Flexión

D-04

D



Instructions / Intentions / Feel or Watch For:

Forearm stabilized sacral base (just medial to PSIS) on side of restricted rotation.

Movements / Cues:

Gentle back-bending, with relaxed sacral multifidi, erectors, glutes.

"Look up with your eyes."

"Stay long as you come up."

"Let your belly be heavy."

Encourage length to avoid lumbar "crunching" with extension.

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Sacrum via Iliacus

Sacrum via Iliacus

Sacro Iliaco A Través De

D-05

D



Instructions / Intentions / Feel or Watch For:

Movements / Cues:

Notes:

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Pelvic Floor Release

Lösen des Beckenbodens *Lanzamiento Del Suelo Pélvico*

D-06

D



Instructions / Intentions / Feel or Watch For:
Lift anterior pelvic floor via abdominal fascia.

Movements / Cues:

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Floating Sacrum

Gleitendes Sacrum *Sacro Flotante*

D-07

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Instructions / Intentions / Feel or Watch For:
Imagine a boat (sacrum) floating in the water (your hand). Follow any subtle movements you feel.

Movements / Cues:

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Post-Lecture Actions & Home-Study

Highly recommended (but optional):

1. Watch "D. SACRUM SEQUENCE" chapter in **PELVIS, HIP, & SACRUM: AMT Online Video** or **Workshop DVD**
2. Read:
 - **Chapter 13: 'Sacroiliac Joints'** p135 in **AMT Volume 1**
 - **Chapter 19: 'Sacrum'** p201 in **AMT Volume 2**
3. **Invent**, practice, and teach someone else a self-stretch, yoga asana, mobilization, or dance move based on one of the D 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: Lectures (Pelvis: Principles)**
 - **Feedback: Small Groups (Pelvis: Principles)**
7. Watch for small group scheduling and final quiz email notifications!



SEQUENCE PAGE ANSWERS

d. SACRUM SEQUENCE

- Balance and desensitize sacral 1. nutration
- 2. Integration and closure
- SIJ or lumbar pain, esp. with 3. forward- or 4. back-bending
- 5. Limited sacral side-bending (Stork Test)
- 6. Symptomatic scoliosis, 7. leg length differences, etc.

