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Exercises to correct pelvic misalignment

Inflare/Outflare

Checking for Inflare/Outflare

Place thumbs on the front crests of your hips (Iliac Crest). Sense which one is closer to your belly button.

The side closer to your belly button or the one that feels higher is the Inflare side. The low side, the one further away from the belly button, is the Outflare side.

Or

Lie on your back and place a level across your Iliac Crests. You may use clamps on the level to make it easier to see. Rest the clamps on your Iliac Crests. The side the bubble is over is the Inflare side.

Corrective Exercises

Inflare side (closer to belly button)

Sitting

1. Cross Inflare side leg over other leg.
2. Push in or up with your knee into your hand.

Or

1. Keep both feet flat on the floor.
2. Use strap or hand to resist moving Inflare leg in or towards your other leg.

Outflare side (away from belly button)

Sitting

1. Cross Outflare leg over other leg.
2. Resist, pushing leg out and down.

Or

1. Keep both feet flat on the floor.
2. Use a strap or your hand to resist pushing your leg out/away from the other leg.



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Rotation

Checking for Uneven leg length / rotation

To check if you have a rotation – lie down, check to see if your legs are even or if one leg is longer than the other leg.

Feel the top of your iliac crests and your pubic bones. The lower side is the long leg (forward rotation). The side that is higher (closer to your nose) is the high side (backward rotation).

Corrective Exercises

Long leg (forward rotation)

Standing

1. Bend knee and place foot on chair so knee is higher than your hip.
2. Bend at waist, reaching for the floor.
3. Relax into the stretch and breathe 5 breaths before coming back to stand.

Or

Sitting

1. Raise knee towards chest.
2. Clasp hands around knee and push foot to floor (*Don't move your leg as this is an isometric contraction*).

Short Leg (backward rotation)

Standing

Hip flexor stretch

1. Long leg on chair, bend at the knee
2. Extend short leg behind you keeping knee straight and foot flat on the floor
3. Lean forward. Do not bend at the waist. Relax into stretch.
4. Breathe 5 times. Keep foot flat on the floor through the entire exercise.

Or



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Sitting

1. Lift short leg knee up to chest.
2. Place hand on top of knee.
3. Push up with leg, resist pressure with hand (*Don't move your leg as this is an isometric contraction*).

Both legs

Sitting

1. Place a ball or towel roll between your knees.
2. Use a strap or your hands – place around the outside of your knees for resistance.
3. Push in with your knees into the ball/towel for a count of three.
4. Push out against your hands/strap for a count of three.
5. Repeat 12 times.

Suggestions

- Check for alignment daily and correct
- Check for alignments and correct before and after exercising
- If you sense pain or discomfort, check and correct your alignment
- Do exercises 12 reps X 2 sets if possible. If time is short, do 1 or 2 reps. Do more when able.
- Do sitting exercises throughout the day at work/home.
- A tip to help remember
 - **In**flare you push **in**.
 - **Out**flare you push **out**.
 - Short leg make shorter.
 - Long leg make longer.