

# *Let it Heal*

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## Pain & Detox Clinic

### *Pelvic Exercise*

Do this lying in bed, once each morning. Starting with looser side first, drag your heel on the bed up to buttocks – do not lift legs as you bend your knee. Now lift your foot in the air as you straighten your leg as high up in your range as possible. Then slowly lower your leg to the bed, using your muscle to set it down gently. Do six times with this leg, then six time with the other.