

## Pelvic Obliquity

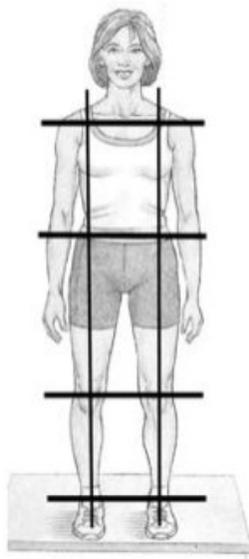
Pelvic obliquity is seen when one side of the pelvis is higher than the other. This postural defect causes muscular imbalances and can cause problems with discs in the spine. This can also be seen with scoliosis and in many cases, one shoulder may be higher than the other. FYI, when you see the words “high side” or “low side”, this refers to the pelvis.

### Weak muscles

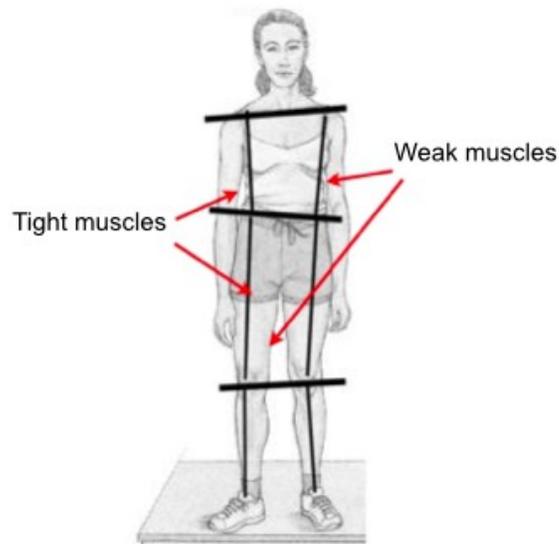
Glutes on the high side  
Oblique muscles on low side  
Hamstrings on the high side  
Adductors on the high side

### Tight muscles

Hip flexors on the leg with the high side  
Oblique muscles on the high side  
Quadratus Lumborum on the high side



Normal Posture



Pelvic Obliquity

### Solution

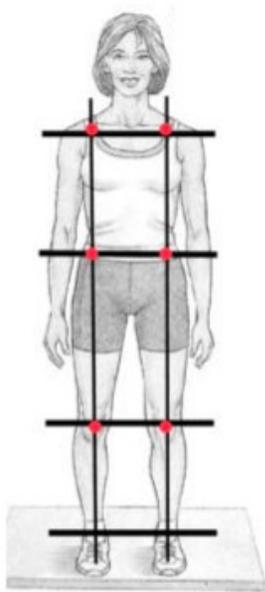
To correct this postural defect, you have to stretch the tight muscles and strengthen the weak muscles to create muscular balance.

The next page will explain how to analyze your posture to see if you fall into this category.

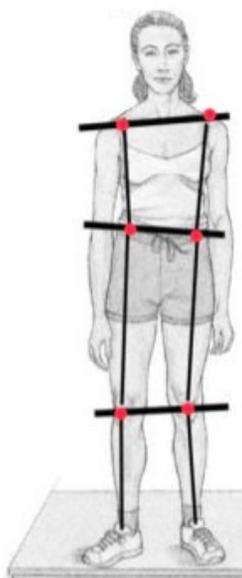
## Analysis: Pelvic Obliquity

Follow the steps to below to see if you fall into this category

1. Take a picture from the front in your underwear
2. Using a pencil, place 3 dots on the left and right sides of your body
  1. The highest point on your left and right shoulders
  2. The highest point on your left and right hip bone
  3. Center of knees
3. Connect the dots with a straight line just like the picture below
4. Does your picture look like the one below?
5. If it does, continue to the next page where you will perform muscle tests to confirm your postural defect. If it doesn't, continue to the next category.



Normal Posture



Pelvic Obliquity

In a normal posture, all 3 dots on each side connect in a straight vertical line. In a person suffering from Pelvic Obliquity, the dots are not leveled horizontally and do not form a straight line vertically.

## **Muscle Tests: Pelvic Obliquity**

To confirm if you have muscular tightness/weakness based on this postural defect, perform the muscle tests shown in the pictures below. If you have difficulty performing these tests, this means the muscles being tested are contributing to your bad posture and your back pain.

### **Weak muscles**

Glutes on the high side  
Oblique muscles on low side  
Hamstrings on the high side  
Adductors on the high side

### **Tight muscles**

Hip flexors on the leg with the high side  
Oblique muscles on the high side  
Quadratus Lumborum on the high side

### **Hip flexors test**



Start with your right knee on the floor and the left leg in front of you. Lean forward until you feel the muscles on the front of the right thigh stretching. Grab your right foot and lift it towards your buttocks. This test will only be done on one side. If your high side is on the right, place your right knee on the floor and lean forward with your left foot on the ground. If your right side is on the left, place your left knee on the floor and lean forward with your right foot on the ground. If you can't perform this test or the front of your thigh hurts too much, your hip flexors are too tight and contributing to your back pain.

### **Adductors test**



Start with your legs wider than shoulders width apart and your hands on the floor. Lean into the side with the low hip and hold this position for 10 seconds. If you can't perform this test or your inner thigh on the straight leg hurts or feels tight, this means you have weak adductors and this is contributing to your back pain.

### **Quadratus Lumborum test**



Start standing with your arms above your head. Lean into the side with the low hip. If you can't perform this test or feel too much pain or tension in the low back, this means you have tight Quadratus Lumborum muscles and they are contributing to your back pain.

### Glutes test



Start on your back. Bend the knee on the side of the high hip. Keep the other leg straight. Using the bent knee push your hips up until there is an imaginary line between your shoulders and your feet. Hold this position for 10 seconds. If you can't perform this test or feel pain in the buttocks on the high side, this means you have weak glutes and this is contributing to your back pain.

### Obliques test



Start on the side of the low hip. Forming a straight line, support your body weight on your forearms and feet. Hold this position for 20 seconds. If you can't perform this test or have too much pain on the side closest to the floor, this means you have weak oblique muscles and this contributes to your back pain.

## **Exercise Plan: Pelvic Obliquity**

As stated previously, in order to eliminate the back pain caused by Pelvic Obliquity, you must stretch the tight muscles and strengthen the weak muscles to create muscular balance.

### **Weak muscles**

Glutes on the high side  
Oblique muscles on low side  
Hamstrings on the high side  
Adductors on the high side

### **Tight muscles**

Hip flexors on the leg with the high side  
Oblique muscles on the high side  
Quadratus Lumborum on the high side

These are the prescribed exercises to stretch the tight muscles seen with Pelvic Obliquity (only do these exercises on the side of the high pelvis).

| Exercises        | Sets | Repetitions |
|------------------|------|-------------|
| The "h" (11)     | 4    | 10          |
| Heel grab (12)   | 4    | 10          |
| Door frames (30) | 4    | 10          |
| Banana (31)      | 4    | 10          |
| East West (32)   | 4    | 10          |
| V (33)           | 4    | 10          |

These are the prescribed exercises to strengthen the weak muscles seen with Pelvic Obliquity (only do these exercises on the side of the high pelvis, for exercise #35 the high side must be on top).

| Exercises                  | Sets | Repetitions |
|----------------------------|------|-------------|
| Single leg hip bridge (34) | 4    | 10          |
| Heel slides (6)            | 4    | 10          |
| Leg curls (7)              | 4    | 10          |
| Elbows down (28)           | 4    | 10          |
| Side plank (35)            | 4    | 10          |

For pictures and descriptions of the exercises on this page, go to the *Exercise Guide* section of this book (Page 42). The numbers in parenthesis next to each exercise corresponds to the exercise number in the Exercise Guide.