**Warning:** This is for patients that have been formally evaluated by a Physical Therapist and assigned this correction as part of their home exercise program. Please perform only on the advice and guidance of your healthcare provider.

If you know which side tends to be backward you can do just that side or you can do both. You cannot pull yourself out of alignment with this technique and it can serve to release tense muscles. This can be done as needed. You may find you know when your pelvis is out of alignment and you can do the technique when required or you could perform it with your exercise routine or before activities that would benefit from an aligned pelvis.

*Laying on your side:* lay down on your side with both legs bent bringing your knees towards your chest. Roll your top shoulder forward towards the surface in front of you, throw the bottom half of your legs over board off the edge of your bed, dip them down a bit then hold them there and do not let them drop. Hold for 10 seconds and then return them onto the bed. Bring your knees up a bit further towards your chest, roll your shoulders and bit further forward and then throw the bottom half of your legs overboard again, dip them down a bit and hold there for 10 seconds. Return them to the bed and then repeat the steps one more time for a total of three times.