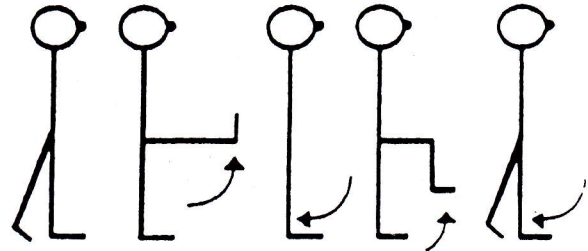


Hamstring Protocol

This protocol is the opposite of most hamstring exercises. Instead of trying to stretch hams muscles, we are giving the brain a message to "release the hamstrings" from the inside out. These are nerve messages, using the principle of opposing muscle contraction. We contract the quads to release the hams, then swing to a subtle stretch.

Stand holding onto something for balance, and swing the opposite leg. Do the looser side first.

1. Place your toes on the floor behind you.
2. Straighten your leg, and swing it forward and upward. Do not bend your knee or rotate your hips. Swing leg just to the extent of your comfort range.
3. Let foot drop to the floor.
4. Bend your knee up toward waist level.
5. Return your toes to the floor behind you.



Do six times with this leg, then six times with the other leg.

Pelvic Protocol



Do once each morning. It is easy to do in bed.

4. Starting with looser side first, drag your heel on the bed up toward buttock, bending your knee.
5. Lift your foot in the air to straighten your leg as high in your range as possible without straining.
6. Slowly and steadily lower the leg, keeping knee straight and leg straight in its socket, and set it down gently.

Do 6 times with this leg, then 6 times with the other.

Comment: This must be done with no discomfort. If you feel pulling in the sacrum, you may place your hands on either side of sacrum to support it. If further support is needed for the low back, both knees may be bent before beginning, and one leg may remain bent throughout. If there is still discomfort, then the leg is being lifted too high and causing strain. This protocol is just as effective if the leg achieves its highest straightened position without strain only a few inches from the bed. Lower slowly from there.