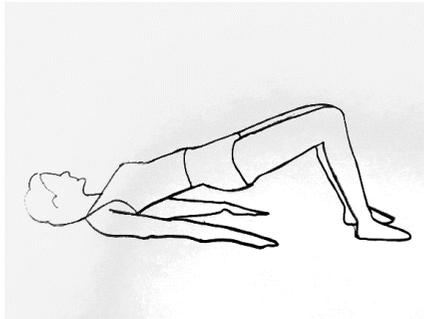




ACTIVE BALANCE

Shoulder Stand:

Lie on your back, bend at the knee and place the balls of the feet on the floor, shoulder width distance apart. Slowly lift your pelvis off the floor so that you knee, pelvis, chest and shoulders are in one straight line. Hold for 8 breaths.



Self-

help:

- Drink lots of water
- Eat nutritious food
- Get plenty of rest
- Exercise at least 3 times a week
- Ask a professional about Herbal Medicine



ACTIVE BALANCE

What is Sacroiliac Strain?

Sacroiliac Strain is where the pelvis twists, with either the left or the right side dropping and the other side fixating to counteract the movement. If one of the nerves gets trapped it may feel like sciatica.

Active Balance will always make sure that your head, pelvis and feet are in alignment before your treatment is complete. By taking on board the advice that is given, relevant to your physical and internal condition, this will prevent the imbalance from returning. Please bear in mind the longer you have had the condition the longer it is to fix, so book yourself an appointment sooner rather than later. It will not go away on its own, unless you do



ACTIVE BALANCE

Sacroiliac Strain



Address:

143 New Road
Croxley Green
Herts
WD3 3EN

Contact details:

sarah@active-balance.co.uk
0333 444 0460

croxleygreenacupuncture.co.uk

Active Balance accepts no liability for any injury caused



ACTIVE BALANCE

Why do I get Sacroiliac Strain?

Some of the muscles controlling the functions of the pelvis are the Gluteus Maximus, Gluteus Minimus, Piriformis and Tenson Fascia Lata. When any of the muscles tighten the pelvis will rotate.

A few of the nerves within the pelvis region are the Sciatic nerve, Inferior/superior Gluteal nerve and Pudendal nerve. When the nerves get trapped in the body they send a shooting sensation.

The nervous system connects the brain, spine and organs altogether. If the organs are depleted of energy (food, water, qi etc) it will reflect in the spine.

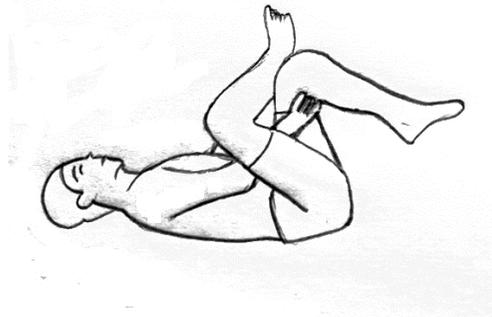


ACTIVE BALANCE

Exercises:

All the exercises listed below have variations, please ask if you require assistance.

Lie on your back, bend the knees and place the balls of the feet on the floor, shoulder width distance apart. Place your right ankle on top of left knee and take your right hand in between both legs and wrap your hands behind your left thigh. Draw the left thigh into the chest. Hold for 8 breaths and change sides.



ACTIVE BALANCE

Ancient Squat:

Place your feet shoulder width distance apart and slowly, pushing your bottom away and keeping your heels down, lower your pelvis towards the floor.

Ensure your back is straight and the chest is open. Hold for 8 breaths. If you cannot keep the heels on the floor please ask Sarah for a variation.

