



THE LOFT

PILATES STUDIO

Free Exercise: PENDULUM LEG June 2007

PENDULUM LEG: This mobility exercise is to be used before the “Navel to spine with single leg lift”. It will help you locate and lubricate your hip joint.

Anatomy: the hip joint is a “ball-and-socket” joint between the thigh bone (femur) and the pelvis. This type of joint allows movement in all direction. The femoral head (the ball part of the joint at the top of the thigh bone) is bigger than golf ball.

Role: its primary function is to support the weight of the body in both static (e.g. standing) and dynamic (e.g. walking or running) postures. It allows the thigh bone to move freely in many directions.

Position: Lie down on your belly and place your head in the most comfortable position. Change the positioning of your head anytime you need to. If your lower back hurts, place a thin pillow underneath your hip bones and belly.

Exercise: Find neutral pelvis. In this position the three bones of your pelvis (hips bones and pubic bone) are evenly resting on the mat. Bend one knee (no more than a 90° angle) and move your leg from side to side like a pendulum. Where does your thigh bone connect with your pelvis? Sense it! Continue moving using as little muscular effort as possible, create a smooth transition when changing directions. Lower your leg and compare both legs. You will feel the difference between the tight and looser hip joints.

Note: you need to keep neutral pelvis at all times. We suggest that you keep your fingertips underneath your hip bones for tactile feedback for the first few repetitions.

