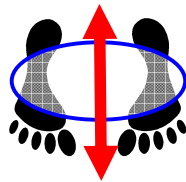
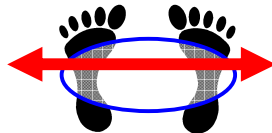


## Planes of Motion Movement Patterns Driven by the Pelvis

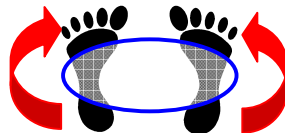
A previous article described the three planes of motion, the sagittal, frontal and transverse planes. We are now going to place our pelvis in motion through these three planes to encourage pelvic muscle control and allow the pelvis to act as a driver on the joints both above and below. The following graphics indicate your foot placement and the oval will represent your pelvis. The arrow obviously indicates the direction you will drive your pelvis. Begin with small motions and as you feel more comfortable the distance your pelvis travels can be increased. In the event you are uncomfortable with the indicated motions, a sense of lack of balance, hold onto the back of a chair or countertop. Ten movements in each plane is a good place to begin.



Sagittal Plane: Stand with your feet apart at a comfortable width. Move your pelvis forward toward your toes and backward toward you heels.

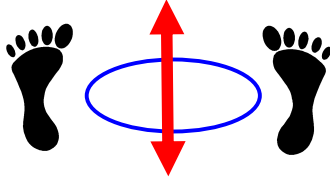


Frontal Plane: Stand with your feet apart at a comfortable width. Move your pelvis right and then left out over the sides of your feet.

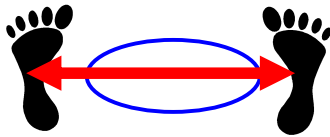


Transverse Plane: Stand with your feet apart at a comfortable width. Move the front right of your pelvis forward over you right foot while moving the front left of your pelvis backward over you left heel. Reverse the rotation to complete the motion.

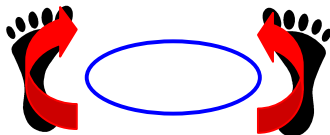
Next the exercise will change by using the same three pelvic motions with different foot placements.



Sagittal Plane: Stand with your feet spread apart at a comfortable width. Move your pelvis forward toward your toes and backward toward you heels.

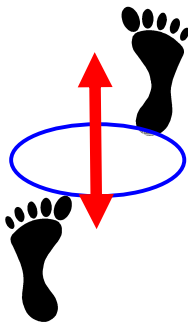


Frontal Plane: Stand with your feet spread apart at a comfortable width. Move your pelvis right and then left out over the sides of your feet.

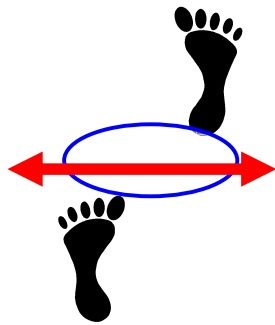


Transverse Plane: Stand with your feet spread apart at a comfortable width. Move the front right of your pelvis forward over you right foot while moving the front left of your pelvis backward over you left heel. Reverse the rotation to complete the motion.

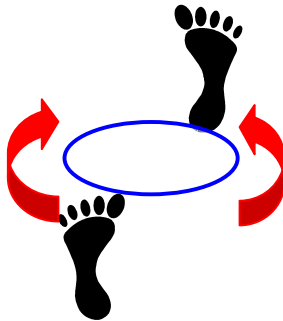
The exercise will again change by using the same three pelvic motions with different foot placements.



Sagittal Plane: Stand with your right foot advanced forward of your left foot at a comfortable width. Move your pelvis forward toward the toes of your right foot and backward toward the heel of your left foot.

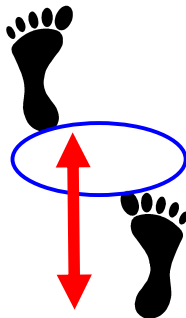


Frontal Plane: Stand with your right foot advanced forward of your left foot at a comfortable width. Move your pelvis right and then left in the area between your feet.

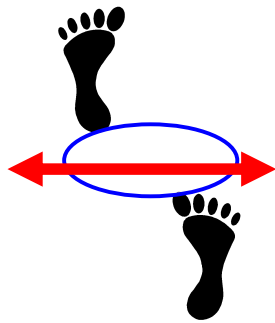


Transverse Plane: Stand with your right foot advanced forward of your left foot at a comfortable width. Move the front right of your pelvis forward over you right foot while moving the front left of your pelvis backward over you left heel. Reverse the rotation to complete the motion.

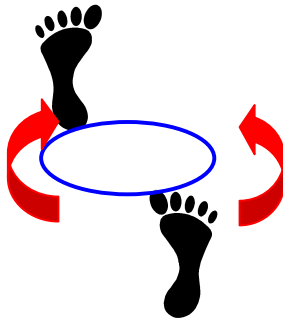
Again change the placement of your feet.



Sagittal Plane: Stand with your left foot advanced forward of your right foot at a comfortable width. Move your pelvis forward toward the toes of your left foot and backward toward the heel of your right foot.



Frontal Plane: Stand with your left foot advanced forward of your right foot at a comfortable width. Move your pelvis right and then left in the area between your feet.



Transverse Plane: Stand with your left foot advanced forward of your right foot at a comfortable width. Move the front left of your pelvis forward over you left foot while moving the front right of your pelvis backward over you right heel. Reverse the rotation to complete the motion.

Invest in yourself with these simple movement patterns. We will look at refining these movements for increased pelvic muscle control and increased challenges in the joints below and above the pelvis by adding rotational components to the lower extremities.