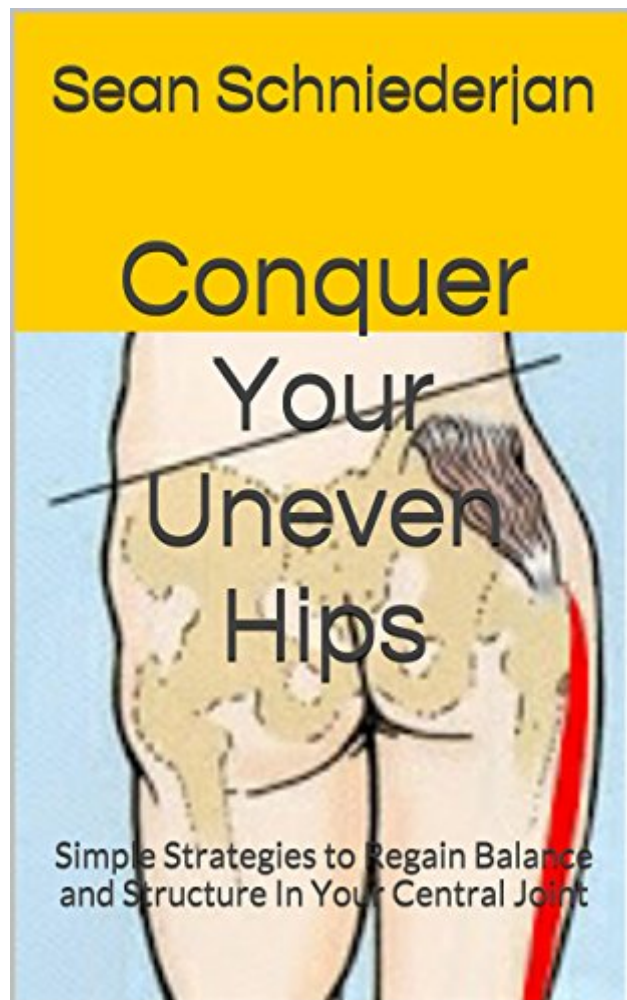




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Conquer Your UneVEN Hips: Simple Strategies To Regain Balance And Structure In Your Central Joint



Synopsis

Are your hips extremely jacked up and uneven? Do you have lateral pelvic tilt? The author wants to show you some little known hip corrective exercises that will restore balance and neutrality to the central joint.

Book Information

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Customer Reviews

Excellent explanation of muscle function of those muscles involved in a side to side imbalance. The exercises given are effective, simple, well explained and illustrated with photos. I am a rolfer involved with restoring muscle balance through the releasing of muscle tension statically held but this is not totally permanent unless the person involved in the imbalance also participates in the release. In addition the cooperation of eliminating postural habits has to be addressed and these exercises do so. I will be recommending this book as a adjunct to my work with my clients.

I was really hoping this would help me. The author has just strung together a mishmash of information from actually good books and authors (Janet Travell et al) without strong understanding

of the subject matter. For example he doesn't tell you how to tell which is your weak side or any other useful diagnostic tests. Basically a nice list of basic piriformis and glute stretches (with photos) that you can get for free on the internet with a google search. Save your money and either find the info for free online, or buy the sources that the author used to write this.

Very simple actions and easy to follow along. I found the QL exercises very helpful in stabilizing my pelvic girdle which brought relief to my left hip and lower back.

Simple movements and well worth the read. The exercises feel good for now. We'll see how they do over time. Question? Can a pelvic tilt that was first diagnosed over 40 years ago (before doing 50 marathons, 5 Ironman triathlons, and multiple other races and high mileage training since then every be changed)? We'll see! If not, I am at least hoping to relieve some of the tightness and lack of stability in one hip. I would also like to see what Sean can come up with for anterior pelvic tilt and anterior femoral glide.

I returned this book. I appreciate the author's attempt here, but it was amateurishly executed (both writing and photos) and there are much better books out there with more thorough exercises for this complicated area of the body.

I was struggling to get up properly from lunging my left leg. So instead of pushing up from the left foot, I was using the toe tip of my right foot. This not only caused my right foot to ache but I was also shaking from the lack of balance. I wrote to Sean and he promptly pointed me to the supplemental YouTube videos offered as part of the book. The very first drill to contract the QL clearly exposed my weakness. My left QL wasn't firing at all the first time I tried to 'feel' it. I performed all of the drills for about 4 weeks and slowly I seem to almost evened out the strength on both the hips. Another great book from Sean with some practical and simple tips that work.

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