

# THE ANATOMY OF THE HIPS, PELVIS AND LOWER BACK

The pelvic bowl is composed of circles, arches and holes. It contains the digestive, reproductive organs, a passageway for the birth canal in women and the elimination of digestive waste in men and women.

The pelvic bowl virtually swings between the femur heads in the legs and the lower spine. So, it's affected by the imbalances in the upper body and the legs. The pelvis often shifts itself to accommodate the imbalances above or below. This shifting affects the lower back creating problems such as herniated discs, sacroiliac joint issues, degenerative disk disease and spinal joint problems. Allopathic medicine often looks at the lower back itself and doesn't work on the issues above and below.

The large hip joint can be tight and stuck creating more lower back issues, hip challenges and knee problems. When we embark on a hip, pelvis and lower back yoga movement practice we are journeying into the space of feelings, creativity, sex and money. Often a real challenging area for many of us. To obtain health we must accept the right to heal and release the power guilt has over us.

## The geography of the bones of the hips, pelvis and lower back

Lie on your back. Place your hands on your belly. Trace the bones of the pelvis starting at the **iliac crest**, bring your fingers into the thrust of the **pubic symphysis**.

Roll on to your side, start at the iliac crest, trace the **pelvic rim** back to the **sacrum**, feel the **sacroiliac joints** on either side of the sacrum. Feel the bone pressing into the floor at the top of the leg, this is the **great trochanter**, inside the **hip socket** you will find the other end of this bone

the **lesser trochanter**. Continue down the back of the pelvis and locate the **ischial tuberosities**, the sitz bones, virtually the bones you sit on.

Come to sitting. Rock on your sitz bones to feel their shape. Imagine them as the feet of the pelvis. Walk forward and back on your sitz bones. Rock to the back of your sitz bones and feel as the pelvis rests between the sitz bones and the **coccyx**, the tail bone.

Stand in *tadasana* and move your pelvis back and forth and in circles. Feel it's relationship to above and below. Slowly, melt forward into an *uttanasana* placing your hands on your sacrum, slowly use your hands and walk up one vertebrae at a time feeling **sacral vertebrae 5-1**. Pause when you come to vertebrae 4 and 5. When a student comes in with lower back disk problems it's usually found here at **L4** or **L5**. Come up slowly to standing with your hands on your lower spine. Feel it's movement as you come to stand.

**Assignment** - Color in the bolded muscles in your Anatomy Coloring Book pg. 35-37.