

MUSCLE ENERGY TECHNIQUES



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- Help build core muscles.
- Strengthen lower back.
- Uses opposite muscles to balance and promote a proper structure-function relationship.
- These techniques will be used to balance the pelvis Pelvis is key in establishing optimal spinal health



MUSCLE ENERGY 1

- Resist upward motion of right knee with right hand.
- Feel the pull in the groin and hip
- Resist 3 seconds, relax, and repeat 3 times



SWITCH LEGS

- Resist upward motion of left knee with left hand.
- Feel the pull in the groin and hip
- Resist 3 seconds, relax, and repeat 3 times

MUSCLE ENERGY 2

- Bring knees near chest. Forearms on the outside of knees.
- Resist outward motion of legs with forearms.
- Resist 3 seconds, relax, and repeat 3 times



MUSCLE ENERGY 3

- Keep knees near chest. Forearms on the inside of knees.
- Resist inward motion of legs with fore arms.
- Resist 3 seconds, relax, and repeat 3 times.

MUSCLE ENERGY 4

- While lying on our back, bring knees into chest and resist outward motion of our knees.
- Resist 3 seconds, relax, and repeat 3 times.



MUSCLE ENERGY 5

- While lying on our back, bring each knee individually into chest and resist outward motion of that knee.
- Resist 3 seconds, relax, and repeat 3 times each leg.

MUSCLE ENERGY 6

- While lying on our side, bring the left knee to a 90° bend, resist upward motion of the left knee with the left hand.
- Resist 3 seconds, relax, and repeat 3 times each leg.



Thank you for the privilege of your time today as we
“Lead with Love on our Shared Wellness Journey.”