



Quad and Pelvis Release

This is a great follow-up release for a supine quadriceps, psoas, or pelvic release. With your client prone, reach under the distal portion of the thigh, lift slightly, and traction in a caudal direction. Bend the knee to the first barrier with your other hand and maintain the barrier, releasing as you go. A dance begins to develop between your two hands and the client's leg/pelvis. The thigh traction adds so much to this release. Your client will feel this throughout the thigh, pelvis, and trunk. Unwind as you go, varying your intent between both of your hands.

Disclaimer: All of the information provided above is intended for use by a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.

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