

## Shotgun Correction: Phase A (Resistive Abduction) and Phase B (Resistive Adduction)



Description: This is called resistive abduction and it's the first phase of the shotgun correction.



Description: This is called resistive adduction and it's the second phase of the shotgun correction.

### **WHAT TO DO:**

1. This correction can be performed while lying down or sitting up in a chair. A woman can perform the correction on her own or with the help of a partner or friend.
2. If you are seated, scoot toward the edge of the chair and sit up tall. If you are lying down, bend your knees and place your feet flat on the floor or bed. Your knees should be slightly open and in line with your hips and feet.
3. Place your hands on the outside of your knees. While maintaining good posture, if sitting, open the knees and apply resistance to your hands. Press the thighs into your hands as if the legs are trying to rotate away from each other. As the thighs push out into the hands, the hands should apply equal pressure to the thighs, so that the legs do not actually move from their start position. This is called resistive abduction.
4. As you push the thighs into the hands, maintain this contraction for ten seconds. Do not hold your breath during the ten-second contraction. Try to maintain normal breathing, as breath-holding can increase blood pressure and pelvic pressure.
5. Repeat this exercise two more times, for a total of three ten second contractions.
6. Next, place a firm object between your knees that you can squeeze. You may use a yoga block, firm ball or your own fist. While lying down or sitting in good posture, squeeze your knees against the object for ten seconds. Remember to breathe comfortably throughout the ten seconds. This is called resistive adduction.
7. Repeat the knee squeeze two more times, for a total of three ten second contractions.

### **WHAT TO WATCH OUT FOR:**

1. In the case of symphysis pubic dysfunction, you may experience pain with the first repetition of the knee squeeze. Ask yourself to rate the pain on a scale of 0 to 10. Then continue to rate your pain during the next two knee squeezes. The pain should decrease during each repetition. If you are continuing to experience pain with the third repetition, then repeat the ten second knee squeeze until your pubic pain resolves. In our experience, some women need to perform the knee squeeze up to ten times in order to

2. It is possible that you may hear a “pop” as the pubic joint corrects into better alignment. This sound is neither dangerous nor necessary for the joint to achieve alignment.
3. If your pain increases, rather than decreases with repeated repetitions, stop the exercise. You may have a more complex alignment issue and need to be evaluated by a skilled physical therapist.

**BENEFITS:**

1. Helps to resolve bladder symptoms, PFM dysfunction, SPD and sacroiliac joint pain.
2. Strengthening of the inner thigh and outer hip muscles, which are critical to stabilizing your spine and pelvis.

**Medical Disclaimer:** The information on this site is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. All content, including text, graphics, images and information, contained on or available through this web site is for general information purposes only. Check with your Doctor before attempting any of the recommendations on this website. NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE OR DELAY SEEKING MEDICAL TREATMENT BECAUSE OF SOMETHING YOU HAVE READ ON OR ACCESSED THROUGH THIS WEB SITE. ISA HERRERA NOR PPR ASSOCIATES INC. IS NOT RESPONSIBLE NOR LIABLE FOR ANY ADVICE, COURSE OF TREATMENT, DIAGNOSIS OR ANY OTHER INFORMATION, SERVICES OR PRODUCTS THAT YOU OBTAIN THROUGH THR WWW.PELVICPAINRELIEF.COM WEBSITE.