



Structural Essentials Fans of the Hip



The pelvis is your powerhouse for the spinal engine

Tom Myers

The hip and pelvis combine to transfer the forces from two legs and into the one spine and therefore has a hugely complex role to fulfill in the body.

Ida Rolf described the pelvis as 'the joint that determines symmetry' and it is easy to see why. Differences between the hips can affect down into the legs or up through the spine. Achieving balance here can be essential for long lasting results in any therapy. This course sheds light on the pelvis – the keystone of human architecture – by organizing the 20 or so muscles of the pelvis into three fans. Get specific with sensitivity.

Highlights include:

- Seeing how the soft tissue is arranged in an easy to understand pattern
- Using these fans to balance pelvic tilts and torsions
- Learning how to work accurately, effectively and sensitively with the adductors around the ischial ramus and deep lateral rotators, leading to the pelvic floor
- The psoas complex and the many variations on ideas of how it does (or does not)
- affect pelvic, low back and hip patterns

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**Fox Valley Technical College
Appleton Main Campus
Appleton, WI**

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