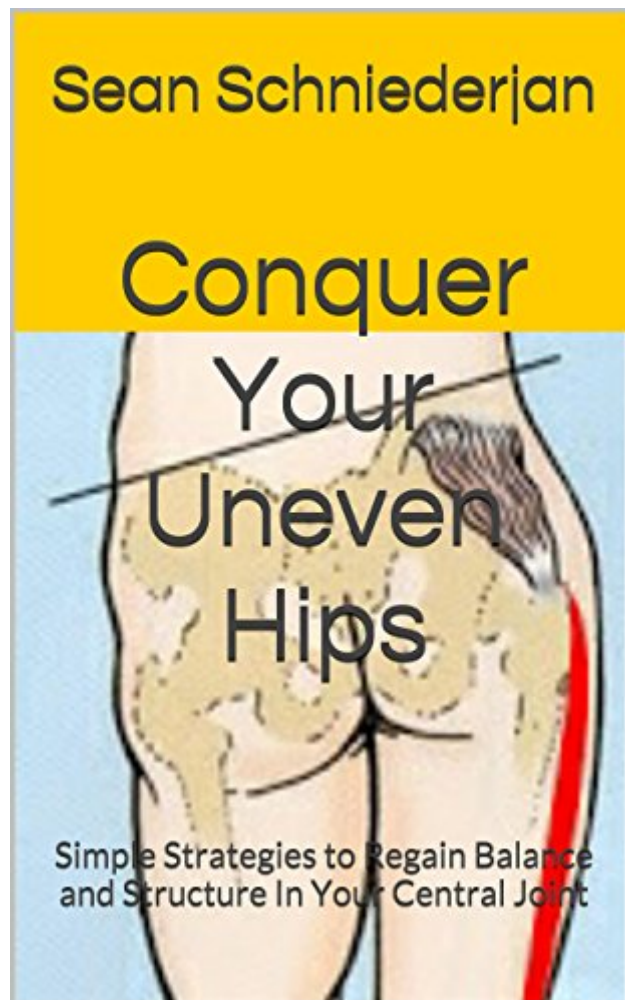




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Conquer Your UneVEN Hips: Simple Strategies To Regain Balance And Structure In Your Central Joint



Synopsis

Are your hips extremely jacked up and uneven? Do you have lateral pelvic tilt? The author wants to show you some little known hip corrective exercises that will restore balance and neutrality to the central joint.

Book Information

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Customer Reviews

Excellent explanation of muscle function of those muscles involved in a side to side imbalance. The exercises given are effective, simple, well explained and illustrated with photos. I am a rolfer involved with restoring muscle balance through the releasing of muscle tension statically held but this is not totally permanent unless the person involved in the imbalance also participates in the release. In addition the cooperation of eliminating postural habits has to be addressed and these exercises do so. I will be recommending this book as a adjunct to my work with my clients.

The formatting was not desirable but at least I left with a little bit more knowledge than I started with.

Very simple and to the point book. I recommend this book for people with any kind of hip issues and are unsure how to begin fixing their problem.

Excellent book. Short and too the point. Simple exercises that make sense.

Very good exercises, not too difficult, I actually do them.

Good summation on how to improve your center of support.

Raise your hips for relief on your back. Easy read. Keep your hips even for relief with your back.

i love the book!

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