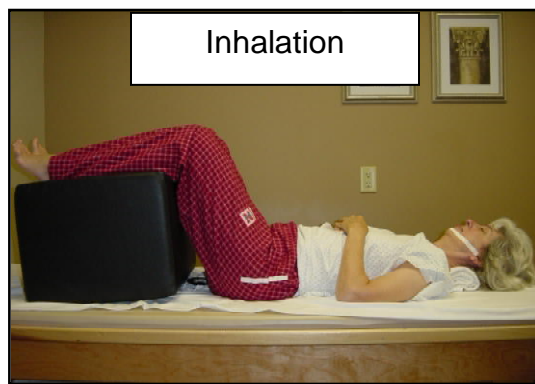




SUPINE ACTIVE SACRO - SPHENO FLEXION

- Promotes de-rotation of R TMCC pattern
- Repositions SB
- Pulls right temporal bone into ER via right styloid

1. Lie on your back with your knees and hips bent at a 90-degree angle resting on a chair, couch, ottoman, or any similar object approximately 14 inches high.
2. Place a rolled-up towel (approximately 2 inches in diameter) under your mid neck.
3. Place your hands on your lower ribs. Inhale through your nose and exhale through your mouth slowly
4. As you feel your ribs move down, perform a posterior pelvic tilt by slightly lifting your tailbone off the floor (1-3”) with your hamstrings as you flatten your back. Simultaneously rotate your chin and neck towards the ceiling by looking upward with your eyes.
5. With your mouth slightly opened, look down toward your feet without moving or rotating your head.
6. Protrude your jaw forward and to the left keeping mouth slightly opened.
7. Hold this position 5 seconds.
8. Relax your hamstrings, pelvis, head, neck, eyes and mandible.
9. Then slowly inhale, filling up your chest with your diaphragm – do not use your neck.
10. Repeat this sequence 4 more times.



Go slow and fill chest using only diaphragm not neck.

Axis of hip

Axis of sphenobasilar joint
(base of head)

Relax your hamstrings, pelvis, head, neck, eyes, and mandible

