

MELT Restore Series



MELT Restore Maps

The combination of Reconnecting and Rebalancing your body's relationship with gravity and increasing your inner awareness facilitates natural healing. These MELT Sequences are basic treatments to improve pelvic and whole body stability and restore natural neurological balance. This allows a load to be transferred appropriately so the Autopilot is free to play its many roles in regulation.

	<p>Body Scan Assess</p> <p>Stand with your feet side by side and close your eyes. Notice whether it feels like you have more weight on your left or right side. Scan up your body and notice how you feel.</p>	<p>RECONNECT</p>
<p>Assessing the Autopilot's connection to the COG.</p>		
	<p>Rest Assess</p> <p>Lie on the floor with your palms face up and your arms and legs extended. Breathe and allow your body to relax into the floor. Close your eyes and take a moment to sense what you feel.</p>	<p>RECONNECT</p>
<p>Using Body Sense, evaluate your Masses and Spaces and sense if your Autopilot has it's connection to your COG when gravity is not playing a role in managing the Masses and Spaces in an upright posture.</p>		
	<p>Gentle Rocking</p> <p>Lie lengthwise on the roller. Place your hands lightly on the floor and gently rock from left to right. You want to get a sense of falling and catching yourself on each side for about 30 seconds.</p>	<p>REBALANCE</p>
<p>Every time you lie on the roller, gently rock to allow your NS time to adapt to the unstable surface and compression to the spine directly.</p>		
	<p>Pelvic Tuck and Tilt</p> <p>Lie lengthwise on the roller with your feet in line with your sit bones. Place your hands on your pelvis, finger tips on pubis bone and the heel of your hands on the front hip bones. Slowly tuck and tilt your pelvis four or five times, keeping your ribs stable and your foot pressure constant.</p>	<p>RECONNECT</p>
<p>It's essential that you always have a sound connection to your COG in a conscious state. If you can't articulate pelvic motion it is the primary cause of pelvic instability and lumbar compression.</p>		
	<p>3-D Breath Breakdown</p> <p>Lie lengthwise on the roller with your feet in line with your sit bones. Sense your head, ribs, and pelvis resting on the roller. Imagine your body as a six-sided box - front to back, side to side, and top to bottom. Take four or five Focused Breaths into two sides of your body at once and notice where the breath moves easily and where it doesn't.</p>	<p>REBALANCE</p>
	<p>3-D Breath</p> <p>Lie lengthwise on the roller, with both hands on your belly. Take a breath into all six sides of your torso. During the exhale, make a firm "shhh," "see," or "haaa" sound and sense the engagement in your deep abdomen. Repeat three to four times. Then, without using the sound, see if you can feel and follow that same abdominal contraction.</p>	<p>REBALANCE</p>
	<p>Shoulder Blade Reach</p> <p>Lie lengthwise on the roller with your feet in line with your sit bones. Reach your hands to the ceiling, palms facing in. Breathe in, and reach your fingertips to the ceiling. On the exhale, allow the weight of your arms to sink your shoulder joints around the roller without bending your elbows. Repeat five to ten times.</p>	<p>REHYDRATE</p>

This can be an easy evaluation to the stability of the shoulder girdle



Double Arm Reach

Lie lengthwise on the roller. Extend both arms out in a T position. Reach through the fingers of both hands as you alternate flexing and extending the wrists.

REHYDRATE

This is an easy way to stimulate the connective tissue that surrounds the nerves in the arms connecting the skull to the fingertips with minimal compression.



Rest Reassess

Lie on the floor with your arms and legs straight and relaxed, palms face up. Breathe and allow your body to relax into the floor. Close your eyes and take a moment to reassess.

RECONNECT

Can you efficiently restore Autopilot regulation and connection to the COG?



SI Joint Shear

Position the roller under your pelvis. Angle your knees just to one side and make small circles with both legs together two to three times in each direction. Or try circling just the lower leg in larger but slower circles. Also try "walking" your knees forward and back. Pause and take two Focused Breaths. Repeat on other side.

REHYDRATE



Pelvic Tuck and Tilt Challenge

Position the roller under the top of your pelvis. Brace your knees against your straight arms and slowly tuck and tilt your pelvis.

RECONNECT



Bent Knee Press

Position the roller under your the top of your pelvis. Lightly grasp the shin of the left leg and place the right knee and foot in line with right sit bone. Press the right heel toward the floor and gently pull your left knee closer to your chest. Tuck the pelvis to increase the pull. Hold for three focused breaths. Repeat on the other side.

REHYDRATE



Figure 4 Skip this one if you have sensitive knees; in any case ALWAYS FLEX YOUR ANKLE

Position the roller under the top of your pelvis. Place the right ankle on the left thigh and draw both legs toward your chest. Keeping the hip heavy into the roller, press away on the right knee. Tilt your pelvis so that your tailbone is heavy and sit bones widen. Repeat on the other side.

REHYDRATE



Rest Reassess

Lie on the floor with your arms and legs straight and relaxed, palms face up. Breathe and allow your body to relax into the floor. Close your eyes and take a moment to reassess.

RECONNECT



Inner Thigh Glide and Shear

Lie on your left side with your hips stacked and place the roller in front of you. Extend your top leg at 90 degrees. Glide above your knee. To shear, slowly bend and straighten the leg then lift and lower the bent leg two or three times. Pause, then continue up the inner thigh and repeat. Switch sides.

REHYDRATE



Back Thigh Shear

Move the roller under your upper thighs and extend your legs. You can shear both legs at a time or let one leg bend to the side. Slowly drag your legs together and apart to shear the back of the thighs, four or five times on each area. Move the roller to the middle of your thighs and then just above your knees to repeat.

REHYDRATE



Calf Glide and Shear

Place the roller under the largest part of your calves. Cross one ankle over the other and glide by bending and straightening the knees. When you find a barrier, create circles with your ankle or rotate the leg in and out four or five times. Pause and take two Focused Breaths. Repeat on the other leg.

REHYDRATE

RINSE your legs with your hands like squeegees- up the front, down the back, up the inside, down the outside (lighten up over the knees)



Rest Reassess

R E C O N N E C T

Lie on the floor with your arms and legs straight and relaxed, palms face up. Breathe and allow your body to relax into the floor. Close your eyes and take a moment to reassess.

Not all techniques are suitable for everyone. Participation in any treatment/exercise program may result in injury. By doing the MELT Method® exercises, you assume the risk of injury from performing the movements and techniques shown. Consult your physician before doing any MELT® exercises, especially if you suffer from an injury or medical condition.