

# Contents

Foreword . . . . .	vii
Preface . . . . .	ix
Acknowledgments . . . . .	xi
Abbreviations . . . . .	xiii
<b>1. Historical and contemporary perspectives on the pelvic girdle . . . . .</b>	<b>1</b>
<i>Diane Lee, Andry Vleeming</i>	
<b>2. The evolution of myths and facts and the pelvic girdle . . . . .</b>	<b>3</b>
<i>Diane Lee</i>	
<b>3. The structure of the lumbopelvic–hip complex . . . . .</b>	<b>5</b>
<i>Diane Lee</i>	
<b>4. The functional lumbopelvic–hip complex . . . . .</b>	<b>47</b>
<i>Diane Lee, Linda-Joy Lee</i>	
<b>5. The impaired lumbopelvic–hip complex . . . . .</b>	<b>91</b>
<i>Diane Lee, Linda-Joy Lee</i>	
<b>6. Pregnancy and its potential complications . . . . .</b>	<b>129</b>
<i>Diane Lee</i>	
<b>7. Clinical practice – the reality for clinicians . . . . .</b>	<b>147</b>
<i>Linda-Joy Lee, Diane Lee</i>	
<b>8. Techniques and tools for assessing the lumbopelvic–hip complex . . . . .</b>	<b>173</b>
<i>Diane Lee, Linda-Joy Lee</i>	
<b>9. Clinical reasoning, treatment planning, and case reports . . . . .</b>	<b>255</b>
<i>Diane Lee, Linda-Joy Lee</i>	
<b>10. Techniques and tools for addressing barriers in the lumbopelvic–hip complex . . . . .</b>	<b>283</b>
<i>Diane Lee, Linda-Joy Lee</i>	
<b>11. Tools and techniques for ‘waking up’ and coordinating the deep and superficial muscle systems . . . . .</b>	<b>323</b>
<i>Linda-Joy Lee, Diane Lee</i>	
<b>12. Training new strategies for posture and movement . . . . .</b>	<b>367</b>
<i>Linda-Joy Lee</i>	
References . . . . .	409
Index . . . . .	425