

## Pelvic

6x with better/ looser leg

6x with other leg

Lying on bed

Drag heel up towards buttock

Keep foot on bed

Nearest point without causing discomfort



Raise your foot

Straighten your leg

As high up in the air as comfortable

Heel pushing out



Slowly lower your leg to the bed

Use muscles to set it down gently



Put hands on hips so you do not rotate hip

If you have lower back problems you bend both knees to take pressure off back

Weight into 1 bent leg

Raise other foot

Straightening leg

Heel pushing out

High as comfortable

