

Pelvic Tilts



- Lie flat on the floor with knees bent and arms out to the side.
- Slowly rock your pelvis backward to press the small of the back into the floor.
- Next, slowly rock your tailbone into the floor, arching your back up.
- Repeat 3 sets of 10 repetitions or as directed.

Standing Pelvic Tilts



- Stand tall and using your abdominal muscles pull your belly button straight back toward your spine.
- Rock your pelvis backward, flattening your spine.
- Relax your muscles and allow your pelvis to rock forward, arching your back.
- Repeat 3 sets of 10 repetitions or as directed.