

The Basic And Advanced “Pelvic Tilt” Exercise To Protect And Stabilize The Spine:



Figure 1. The Basic Pelvic Tilt: Begin by lying on your back on a firm surface with your knees bent. In this position, there should be some space between your low back and the surface you are lying on (you should be able to slide your hand part way under your low back as shown in the picture on the left). Contract your abdominal muscles and tilt your pelvis so that you press your low back down towards the surface and take out the space between the back and the surface. Hold for about 10 seconds and then relax for a few moments. Repeat frequently to get used to the movement, as you will be doing a similar movement for the advanced (standing up) version and it is easier to get the feel for the exercise when lying down. When you are comfortable with this version of the exercise and can feel the movement in the back and the pelvis when you do it, you can move on to the advanced exercise on the next page.



Figure 2. The Advanced Pelvic Tilt: Begin by standing in a relaxed posture. When first learning this exercise, it maybe helpful to stick your butt out slightly, so you can get used to the movement. Contract your abdominal muscles, pulling them inward and tilt your pelvis so that it rotates as shown by the arrows. Hold for about 10 seconds and then relax for a few moments. The movement is strictly in the pelvis and low back – the knees do not bend. Repeat 10 to 15 times. If possible, perform this exercise several times per day.