

Pelvic Tilt Exercise

These exercises should only be performed after evaluation by a qualified medical professional and under their instruction. Failure to properly ascertain the reasons for certain injuries or the causes of pain may lead to further injury if these exercises are performed.

Should you experience pain or discomfort while doing an exercise, stop immediately. Follow only the exercises that your doctor has recommended to avoid the potential of further injury.

Purpose

To strengthen abdominal and back muscles.

Steps

1. Begin by lying on your back with your knees bent and feet on the floor.
2. Push the lower part of your back into the floor by tightening your abdominal and buttock muscles. Rotate the pelvis upward without bringing your back off the floor.
3. Hold for 5 seconds and then return to starting position.
4. Relax for 5 seconds.

Tips

- Keep your lower back flat against the floor.
- You may use a folded towel to support your low back.