

Starting Position: Lie on back with legs out straight.



1. For a right anterior rotation of the pelvis, place right foot above left knee (with and approximate 30 degree bend)
2. Press down with the right foot as you push up with the left leg, (this is and isometric contraction so there should be no movement) Hold 6 seconds, rest. Repeat 4-6 times

* Reverse leg positions for a left anterior pelvis rotation.

*For Maintenance and prevention of pelvic rotations, do both sides



3. Use soccer sized ball or a yoga block between knees.
4. Squeeze ball or block for 6 seconds, rest. Repeat 4-6 times.

Title Information about the exercise: Restores proper alignment of the pelvis.

FYI: Pelvic rotations commonly cause back pain. They are a common occurrence with everyday activities and are generally caused by poor body mechanics and posture.