

Rotated Pelvis Correction

Starting Position: Lie on back with legs out straight.

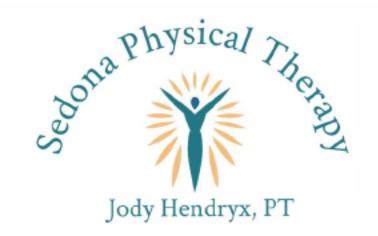


- 1. For a right anterior rotation of the pelvis, place right foot above left knee (with and approximate 30 degree bend)
- 2. Press down with the right foot as you push up with the left leg, (this is and isometric contraction so there should be no movement) Hold 6 seconds, rest. Repeat 4-6 times
- *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

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.

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