

## Pelvic Tilts

**Starting Position:** lying on your back with your knees bent and feet flat on the floor. Place one hand on the bottom of your ribs and the other on your tummy between the pelvic bones.

**Action:** gently flatten the lower back into the floor then gently curve the lower back away from the floor. The movement should be gentle enough that you feel the lower hand moving, but not the upper hand. Repeat 10 times in each direction. After doing this, flatten the back, then curve away and allow the back to fall into the midpoint of the two. There should be a small curve in your lower back- this will be the start position for most of the following exercises.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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