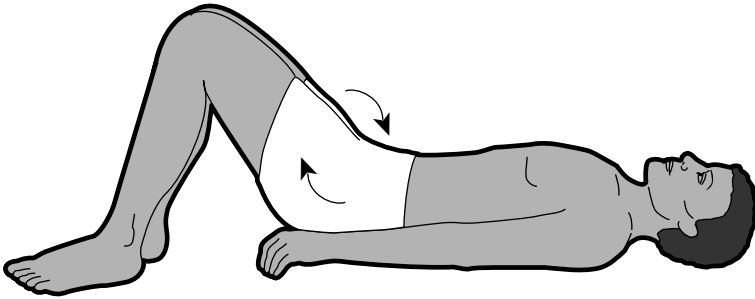


HOME EXERCISE PROGRAM

PELVIC TILT



- Purpose:** To strengthen the abdominals and develop pelvic control.
- Position:** Lie on your back on a solid surface. Bend knees and place your feet flat on the floor. Arms relaxed.
- Action:** Tighten your stomach while flattening your low back to the floor. Hold this position while breathing normally. Feel your pelvis rock backwards against the floor.

Hold _____ seconds.

Repeat _____ times, _____ times a day.

- ** Can progress to alternating arms overhead while maintaining this position.

_____ PT
Physical Therapy Department