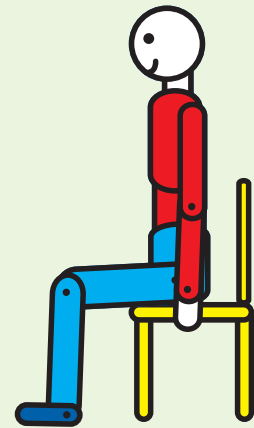


Exercise 5

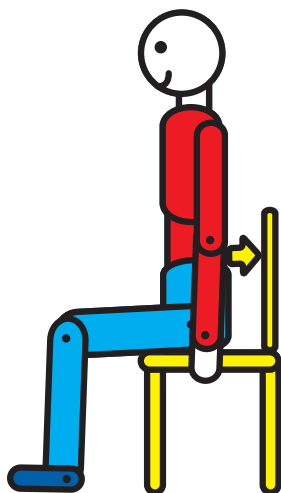
Pelvic tilt sitting

Starting position: Sitting on a firm surface eg edge of the bed, on a stool/chair or even the loo!



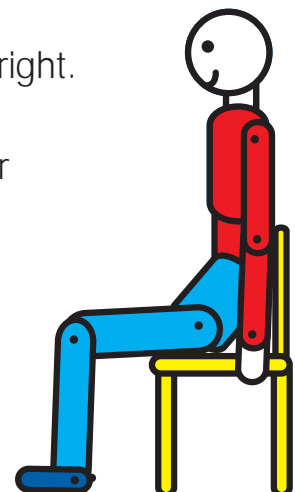
Step one

Sit upright with shoulders relaxed, head level and eyes looking straight ahead. If you are on a chair you need to be sitting clear of the back.



Step two

Drop the trunk down from a point on the breastbone whilst letting the pelvis tip down and back as if you are slumping. Then sit up straight, tilting the pelvis slightly forward and bringing the breastbone up and forward, making you stretch your back upright. Your head should remain level with your eyes focused ahead. You should feel that your weight comes forward over the hips. Repeat 3-5 times.



NB This is a very important exercise as it corrects posture and allows fluidity of movement in the trunk which is so often lost when changes of posture occur. It will also encourage deeper breathing and therefore better lung expansion. This is a good exercise for everyone because it realigns the body to give it its best potential for movement

If you have problems/concerns, talk to a physiotherapist.