



# PELVIS STABILITY & STRENGTHENING

CHIROPRACTIC | ACUPUNCTURE | MASSAGE

## Beginner Exercises

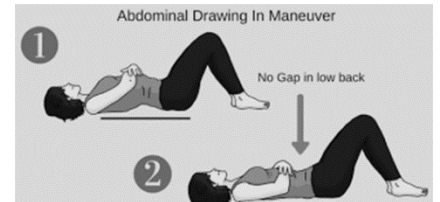
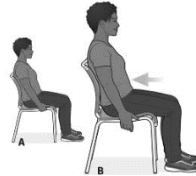
### Pelvic Tilts/Abdominal Draw-In:

This exercise activates and strengthens your overall core which helps stabilize your spine and SI joint. You can do this exercise seated, standing, or lying down. Inhale deeply through your nose, “smelling the roses”.

- As you exhale, “blowing out the candles”, **squeeze your glutes/buttocks, tuck your pelvis, flattening your back into the chair or floor/bed. Draw in your abdominal muscles towards your spine and hold for 5 seconds.** Think about pulling your deep pelvic muscles up and in, drawing your belly button in towards your spine.

- This exercise can be done while watching TV, riding in the car or golf cart, standing at the kitchen or bathroom sink, etc.

- **Your goal is to do at least 20 times daily! You can do 2 sets of 10 or 4 sets of 5 throughout the day.**



### Clamshells:

-Lie on one side with knees at a 90-degree angle, keeping your shoulders, legs, hips stacked (one hip on top of the other – **do not lean back!**).

-Contract your abdominal muscles to stabilize your core. Keep your heels together as you lift your upper knee opening your legs like a clamshell.

-Keep your heels touching each other and squeeze your buttocks to drive the movement.

**Do not let your hips/pelvis roll backwards as you raise your upper leg.**

-Use your top arm and place your hand on your upper glutes/buttocks, so you can feel the muscles working throughout the exercise. **Repeat 10 times on each side, twice a day.**



### Knee Squeeze with Double Fists or Ball:

Lift your feet off the floor/bed and pull knees up over your hips. Make a fist with both hands and put your hands together. **Put your fists between your knees and as you exhale, pull your belly button towards your spine and drive/squeeze your knees together, holding for 5 seconds. Relax and repeat 5 times.** You may feel a pop, crack or release in your SI joints/low back which should feel good. You can also use a small playground ball instead of your hands.

**Repeat this exercise twice a day.**



### Sit-to-Stands (Squats):

-Sit at the edge of your chair with your feet at least shoulder width apart. Slightly tip forward from your hip, **push through your heels and toes, keeping your knees behind your toes and stand up.**

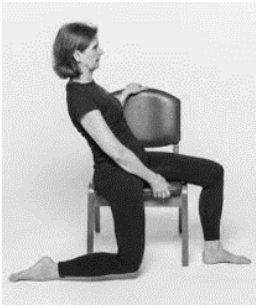
-As you stand, exhale pulling your belly button in towards your spine and squeeze your buttocks. Slowly sit back down and repeat 10-15 times/reps (one set).

**\*Your goal is to do at least 1 set of 10-15 reps every morning and every afternoon/evening.**



## Hip Flexor Stretch (front of hip/thigh):

Shown are 3 different versions of a hip flexor stretch. You can do them all or find the stretch that you can do most comfortably and feel the best stretch. Tuck your pelvis (push your hip & tailbone forward) as you stretch. **Hold each stretch for 10-30 seconds and repeat 3-5 times.**



## Hamstring (back of leg):

Lying down or seated, extend one leg forward and flex your foot. Do not lock your knee. Take a deep breath and as you exhale, tip forward to extended leg (if seated) or pull extended leg towards your chest (if lying down). **Hold the stretch for 10-30 seconds without holding your breath. Switch legs and stretch each leg 3-5 times.**

