

LEGACY CLINIC OF CHIROPRACTIC

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Chiropractic Solutions for Posterior Pelvic Tilt & Pain



What is a tilt in the posterior pelvis?

In this condition, the body suffers from misalignment in the pelvis portion when it rotates backward. As a result, the lower back loses its natural curve and hence there is a tilt in the posterior pelvic portion. This imbalance in posture position can even flatten the spine. Ultimately, the patient can suffer from comfort and simple movements like walking. If one does not go for proper treatment of a posterior pelvic tilt, it can create muscle strain, joint discomfort, and many kinds of alignment problems in the lower spine of the body.

Why does it matter?

The way the pelvis is aligned defines the health of the spine and hips. A proper pelvic alignment provides good posture and balanced movement. On the other hand, any kind of disbalance or misalignment in the pelvis area (particularly, the posterior part) can increase the chances of pain and limited mobility. However, with the help of chiropractic care, one can restore balance, improve the posture of the body, and let go of discomfort naturally.

Understanding posterior pelvic tilt muscles

The muscles present around the pelvis portion are very important to maintain a particular position of the body. The primary muscles that are responsible for posterior pelvic tilt include the glutes, hamstrings, hip flexors, and abdominals. Each and every muscle plays its individual role in supporting the pelvis and keeping the posture of the body aligned. Any kind of instability in the posterior pelvic area can weaken or lead to overuse of these muscles.

Key muscles involved:

Glutes - The glutes perform the function of stabilizing the pelvis and supporting lower body movements such as walking, running, etc.

Hamstrings - If the hamstrings get overactive, they can pull the pelvis backward. Ultimately, posterior pelvic tilt occurs.

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Abdominals - As these core muscles weaken, the pelvis suffers from misalignments, most particularly a tilt. It is important to understand the muscles involved in the posterior pelvis tilt to work on improving it later on.

Weak and tight muscles associated with posterior pelvic tilt

As the experts say, the posterior pelvic tilt occurs because of an imbalance between weak and tight muscles of the lower portion of the body. Both tight muscles like the hamstrings and glutes and the ones that are weakened such as the abdominal and lower back muscles pull the posterior pelvis backward.

How do imbalanced muscles contribute to tilt?

- **Tight muscles** - The muscles like hamstrings and glutes are so tight that they can restrict movement in the lower portion and pull the pelvis back, creating a tilt.
- **Weak muscles** - The weak lower back portion does not have the strength to hold the pelvis in its neutral state. As a result, the imbalance creates a posterior tilt.

By working on weak muscles and stretching the tight muscles, balance can be restored easily which will reduce the symptoms of the problem.

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Causes and symptoms of posterior pelvic tilt

Many factors are responsible for the posterior pelvic tilt situation. Even many daily life causes such as prolonged sitting, lack of physical activity, and performing some sports or activities that involve more usage of specific muscles like glutes, can also create tilt in the posterior pelvis area.

Common causes:

- **Sedentary lifestyle** - if you sit for long periods, your hamstrings can shorten and ultimately glutes and core muscles can also weaken.
- **Repetitive movements** - most of the time, the body is not able to cope with repetitive motions such as overuse of specific muscles which can create imbalance and hence posterior tilt at times.

Symptoms to watch for:

- Flat lower back
- Stiffness or pain in the lower back and hips
- Restricted range of motion

It is important to identify and recognize these causes and symptoms before moving forward with the correction or treatment for the tilt.

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How does chiropractic care help with posterior pelvic tilt?

With the help of chiropractic adjustments, the tilt issue can be addressed naturally via a noninvasive yet effective method. The main focus of chiropractors is on restoring spinal alignment and balance, ultimately relieving this comfort and improving movement of the whole body, particularly the lower back.

Key chiropractic techniques:

- **Spinal Adjustments** - It helps bring the spine to its natural position.
- **Pelvic alignment** - Chiropractic care also helps to reposition the pelvis to lessen the created tilt in the lower back.
- **Targeted exercises** - Many chiropractors recommend particular exercises to work on strengthening weak muscles and stretching tight areas of the lower portion of the body to work on the posterior tilt.

If you go for regular chiropractic treatment, it can help balance the misalignments in the pelvic portion, prevent pain, and ultimately improve the whole posture of the body.

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Home exercises for posterior pelvic tilt

Performing recommended exercises at home can be helpful in alleviating the pain and discomfort caused by the tilt.

Suggested exercises:

- **Hamstring stretches** - these will help elongate the tight hamstrings.
- **Glute bridges** - they strengthen glutes and support pelvic alignment.
- **Planks** - Planks can be helpful to strengthen the core to keep the pelvis portion stable.
- **Hip flexor stretches** - these exercises can lengthen tight hip flexors, ultimately improving flexibility.

How do nutrition and lifestyle affect pelvic health?

Both nutrition and the way of living (the lifestyle) define pelvic health. This is why the professionals recommend staying active all the time, eating well, and avoiding being in an inactive state for a longer period. The most recommended are anti-inflammatory foods like leafy greens and berries which reduce inflammation in the body. In addition to this, one should drink plenty of water in a day to retain joint and muscles health.

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Other Lifestyle tips

- Stand up and stretch the body a few times in the day.
- Staying active with walking or light stretching will help prevent stiffness in the muscles.

Tips to prevent posterior pelvic tilt

To prevent your body from having a tilt in the posterior pelvis area, it is very important to stay active, perform stretching, and be in a good and healthy posture during the day. People with prolonged sitting hours can incorporate regular movement at times in their schedule.

Prevention tips

Strengthening Exercises - performing regular core and glute exercises will strengthen the weaker muscles of the whole body (especially the lower back), ultimately preventing imbalance in the muscles.

Good posture - it is also a good way to practice posture correction techniques.

Chiropractic check-ups - routine visits to a chiropractor can help maintain alignment of the body and muscle balance.

These habits can keep one's posture aligned and lessen the chances of developing a tilt.

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Chiropractic Care at Legacy Clinic of Chiropractic

Legacy Clinic of Chiropractic provides expert chiropractic solutions to treat conditions like tilt in the posterior pelvis. We offer personalized care plans to help people remove the root causes of the problem. Along with this, we also provide gentle spinal adjustments, muscle strengthening, and lifestyle guidance to give long-lasting relief from the issue.

Why choose us?

- Experienced chiropractors will guide you throughout the journey of posture alignment.
- Comprehensive care plans will be provided to fit one's unique needs.
- Education on at-home exercises and preventive care from professionals.

If you are also suffering from a tilt in the posterior pelvis, do not delay anymore, get in touch with Legacy Clinic of Chiropractic today by scheduling a consultation. Start your journey today towards a balanced posture and pain-free lifestyle.

Sincerely,



Dr. John Theeck

Clinical Director

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