

Notes :

Please keep in mind that these exercises were designed as a place to start to address your symptoms. These exercises should not be performed or continued if they cause or increase your pain in any way. Using these exercises for self-management of your symptoms does not replace the value of being assessed by a Health Professional. If you find you need help, let a Strive Pelvic Health Rehabilitation Physiotherapist help you. Book your time today!

1 Neutral Pelvis - seated



Sit on a chair with your thighs parallel to the ground, your feet flat on the floor and your back in a neutral position (slightly arched). Tilt your pelvis back by rounding your lower back. Then tilt your pelvis forward by arching your lower back.

Alternate between these motions a few times. Now, try to find the position where you can feel the most contact between the sits bones and the chair. This should be your neutral pelvis in a seated position

2 Neutral Pelvis - lying



Lie on your back on a firm, flat surface with your knees bent, feet flat and head supported on a pillow if necessary.

Tilt your pelvis back by rounding your lower back and increasing the contact between your low back and the ground. Then tilt your pelvis forward by arching your lower back so there is less contact between the low back and the bed

Slowly move between these two positions to find the central and comfortable position. This is your neutral spine position.

3 Posture - standing



Stand with equal pressure in the front and back of your foot

Aim to have your ribs stacked on top of your pelvis, which is stacked on top of the middle of your feet.

Try to find a neutral pelvis - slightly bend your knees and alternate between rolling your pelvis forwards and backwards until you find the comfortable, central position.

Don't allow your chin to protrude forward - drop your chin down slightly towards the middle of your neck

This should be a neutral standing posture.

4 Posture - sitting



Sit with your feet resting comfortably on the floor.

Keep your knees slightly below the level of your hips.

Tuck your chin in slightly.

Find your neutral pelvic alignment (as described above) and aim to have your ribs stacked over your pelvis.

This should be a neutral seated posture