

PORT ARTHUR CHIROPRACTIC CENTRE

Low Back and Pelvic Exercises

Leg Rock

Lying on your back, bend both knees keeping legs together and feet flat on the floor. Rock to one side 5 times. Do not shift your pelvis. Keep shoulders flat on the floor. Do the same on the opposite side.



Leg Cross-Over Pull and Hold

Lying on your back, bend both knees. Cross one leg over the opposite leg. Rock the top leg to the same side and hold for 3 secs then let leg naturally go back to the starting position. Repeat 5 times. Alternate legs.



Knee to Chest Rock

Lying on your back with legs straight, draw one leg up towards your chest. Grasp the bent leg below the knee with both hands and rock the knee to your chest 10 times. Alternate legs.



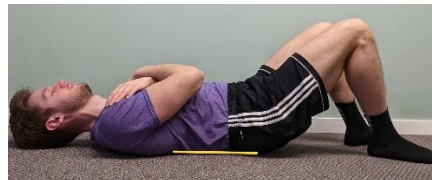
Double Knee to Chest Rock

Lying on your back, bend both knees up to your chest and clasp your hands together around legs. Slowly rock your knees to your chest, lift your pelvis off the floor. Repeat 10 times.



Pelvic Tilt

Lying on your back with both knees bent. Tilt your pelvis downwards so as to flatten your lower back against the floor. Hold for 5 seconds. Release to natural position. Now tilt the pelvis up to create a larger arch in your low back. Hold for 1-2 seconds and release. Repeat 10 times. ** To flatten your back try tightening your stomach and squeezing your buttocks muscles together.



Hamstring Rock

Lying on your back, lift one leg up and clasp behind your knee. Keep a 5-10 degree bend in the knee as you pull and rock it towards your chest. Repeat 10x. Next hold leg as straight and as high as possible. Bend ankle up and down to first point toes to head and then to ceiling, 10 times. Alternate legs.



Gluteus Stretch

i-Lying on your back, bend your right knee. Cross your left leg onto your right thigh in a figure four pattern. Bring your right leg towards your chest and grasp behind the knee with both hands. Use a towel if you can not reach. Allow the left knee to press down. Hold for 15-20 seconds.

ii-Release your right leg and grasp your left knee and leg with both hands. Pull your left leg towards the right shoulder and hold 15-20 secs.

iii- Place right hand on left knee while left arm is stretched out laterally. Gently pull on left leg with right arm as you gradually make your way to the floor in 15-20 seconds. Repeat i, ii and iii with the other leg.



Gluteus Stretch while Sitting

i-Sit up straight in a chair. Cross one leg over the other in a figure 4 position. Keeping the back straight, bend at the hips while pressing down on the crossed leg and hold for 15 seconds.

ii-Both hands grasp the knee of the crossed leg and pull towards your chest while sitting straight. Hold for 15 seconds.

iii-Shift both hands to outside of the bent leg and pull leg towards opposite shoulder. Hold 15 sec. Release leg to the floor and repeat on other side.



Mad Cat (Cat/Cow)

Begin on all fours with knees under hips and hands under shoulders. Contract your abdominal muscles by pulling navel up to spine. Round your back upwards as high as you can while tilting your pelvis downwards. Drop your head. Hold 5 secs. Release and do the opposite motion to arch the back. Hold for 2 seconds. Make sure not to arch the head too far back. Repeat 10-15 times.



Child's Pose

While on all fours, crouch back wards as far as possible without injuring your knees. Keep hands stretched out in front of you and hold for 10 secs. Draw the hands as close to your body as possible and make yourself into as small of a ball as possible. Hold for 10 seconds.



Downward Dog

Feet and hands on the floor, shoulder width apart. Keep knees partially bent as you slowly straighten your legs and form an A shape. Try to press your heels to the floor. Hold for 30 seconds.

