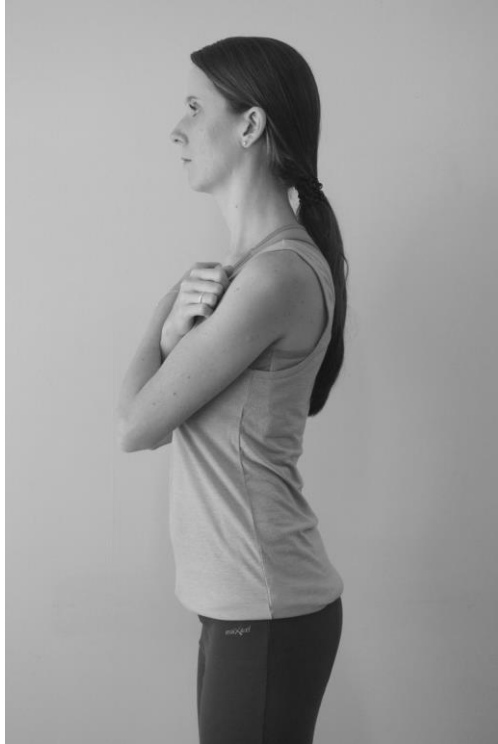
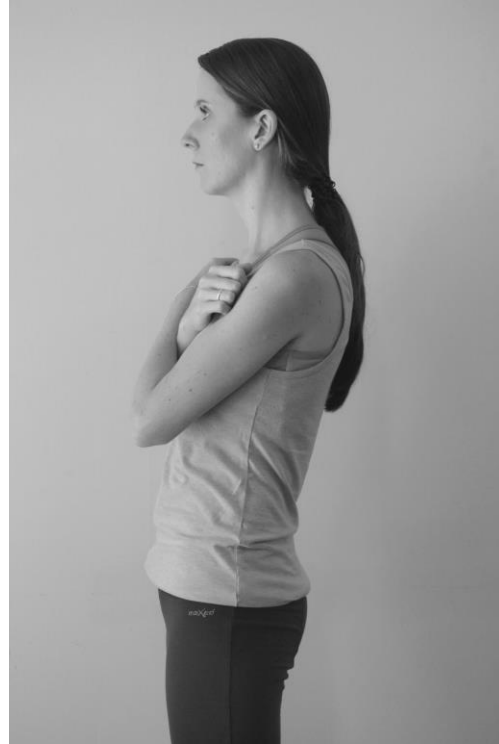


Abnormal Posture: Backwards Pelvis Shift

Abnormal Posture: Backwards Pelvis Shift



Exercise: Forward Pelvis Shift



- Standing, keep your ribcage in position and shift your pelvis forward so that your pelvis is in front of your ribcage.
 - You may need to bend your upper body slightly backwards to maintain balance.
 - Hold this movement for 5 -10 seconds.
 - Begin with 1 set of 10 repetitions.
 - Over the next few weeks build up to 5 or 10 sets of 10 repetitions – depending on your Align Chiropractor's recommendations.
 - These movements should be in a pain free range of motion, if you experience any pain please stop the exercise and let your Align Chiropractor know.
- * Please note that these positions, in the above pictures, may have been exaggerated due to demonstration purposes.