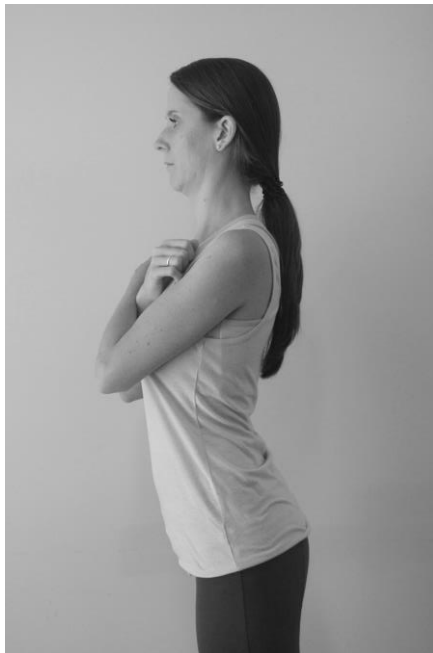
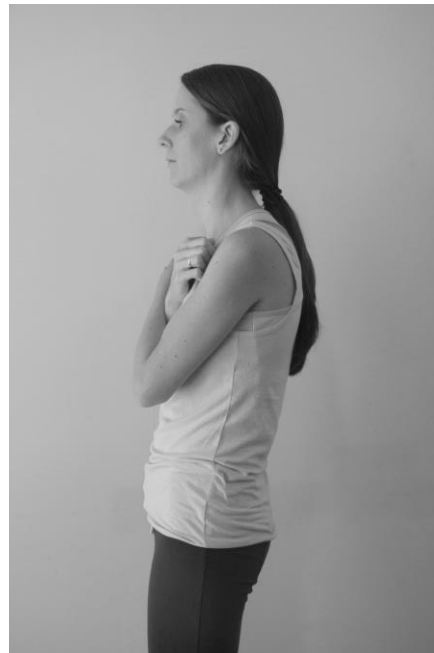


Abnormal Posture: Backwards Pelvis Rotation

Abnormal Posture: Backwards Pelvis Rotation



Exercise: Forward Pelvis Rotation



- Standing, keep your ribcage in an upright position rotate / roll your pelvis forward.
- 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.