Gentle pelvic tilts

STRETCHING & MOBILITY / HOME EXERCISE GUIDE

PURPOSE

Explore a small movement of the pelvis while your back is supported.

YOU WILL NEED

A firm, comfortable surface and a small head pillow if needed.

BEFORE YOU BEGIN

Have your clinician confirm that lying on your back and getting on and off the surface are appropriate for you. Recent surgery, pregnancy or a new back injury may require a different position.

PAUSE AND GET ADVICE

Stop if back or leg symptoms worsen or new tingling, numbness or weakness develops.

New trouble controlling bladder or bowels, numbness around the groin, or rapidly worsening leg weakness needs emergency assessment.

STEP BY STEP

1. Lie on your back with knees bent and feet resting flat. Relax your shoulders.
2. Breathe out gently and tip your pelvis a little so the space under your lower back becomes smaller.
3. Keep your buttocks on the surface. Do not push hard or lift into a bridge.
4. Release to your starting position. Repeat in a small, easy range.

KEEP IN MIND

Keep breathing normally. The aim is controlled movement, not pressing your back flat with force.

YOUR INDIVIDUALIZED PLAN

Your clinician should select this exercise and complete the plan before you begin. Use only the range and resistance demonstrated for you.

Repetitions: _____ Sets: _____

Hold (seconds): _____ Days per week: _____

Side: _____

Clinician / date: _____

Range or modification: _____

Review date: _____

SOURCES AND FURTHER READING

Newcastle Hospitals NHS Foundation Trust - Osteoarthritis (OA) hip and knee: pelvic tilts

NHS - Back pain

General adult education. Use only when selected and adapted by your clinician. This handout does not diagnose symptoms or replace your individual care plan.