



## BACK PAIN EXERCISES

### Pelvic Mobility Exercise



1. Start in Neutral position. Inhale to prepare.

2. As you exhale, gently tilt the bowl of your pelvis towards you until you feel the waistband area contact the mat.

3. As you inhale, reverse your tilt and allow your bowl to tip away from you towards your tailbone.

4. Explore how far can you go in each direction, keeping your head, neck and ribcage relaxed. Maintain control from “inside” your bowl.

**Note:** Watch for pushing the back of the ribs up to tip your bowl away from you.