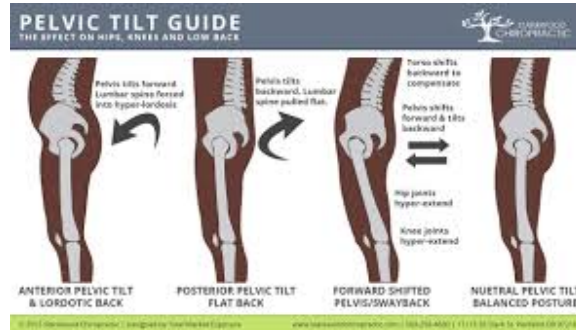


Exercises to Help Reduce Posterior Pelvic Tilt

Before implementing any of these exercise is it important to know if the lumbar spine is flat or if there is the presence of sway back. The exercise prescription is very similar, with a few exceptions. Please see the chart below.



Flat Back Symptoms	Exercises to Reduce Flat Back	Sway Back Symptoms	Exercises to Reduce Sway Back
Pelvis tilts Backwards Lumbar Spine Pulls Flat		Pelvis tilts Backwards and Shifts Forwards Upper Torso Tilts Backwards	
Tight/Short Hamstrings	Seated Hamstring Stretch	Tight/Short Hamstrings	Seated Hamstring Stretch
Tight/Short Glute Max	Supine Gluteus Max Stretch	Tight/Short Gluteus Max	Supine Glute Max Stretch
Tight/Short Rectus Abdominis	Standing Ab Stretch	Tight/Short Rectus Abdominis	Standing Ab Stretch
Tight/Short Iliopsoas	Standing Hip Flexor Stretch	Weak/stretched Iliopsoas	Standing Hip Flexion
Weak/Stretched Quads	Seated Knee Extension	Weak/Stretched Quads	Seated Knee Extension
Weak/Stretched Erector Spinae	Prone Torso and limb lift	Tight/Short Erector Spinae	Kneeling Spine Flexion
Weak/Stretched Quadratus Lumborum	Standing Hip Hikes	Tight/Short Quadratus Lumborum	Standing Lateral Flexion

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