



## Stabilizing your Pelvis and Lower Back

(All four stretches must be performed 2x's/day, every day. The order does not matter.)

### Stretch 1

Lie on your back, one knee comes up (L or R) and hold in place. Fingers are clasped but relaxed and hold for 30 seconds. Do not pull the leg to the chest; it should be held at arms length from your body without pulling so arms are relatively straight. Opposite leg is straight and flat. Repeat with other leg.





**Stretch 2**

Lie on your back, both knees come up at the same time and clasp hands around knees. Arms are relaxed and abdomen is soft. Hold for 30 seconds. Do not pull the legs to the chest. They should be held at arm's length from your body without pulling.



**Stretch 3**

Lie on your back, arms are straight out to the sides and knees are bent until feet are comfortably flat on floor (or a firm bed). Slowly, release both knees to one side and turn head in opposite direction. Do not force the stretch; the position should be easy and relaxed. Hold for 30 seconds. Repeat on other side.

Heel to Gluteus distance:

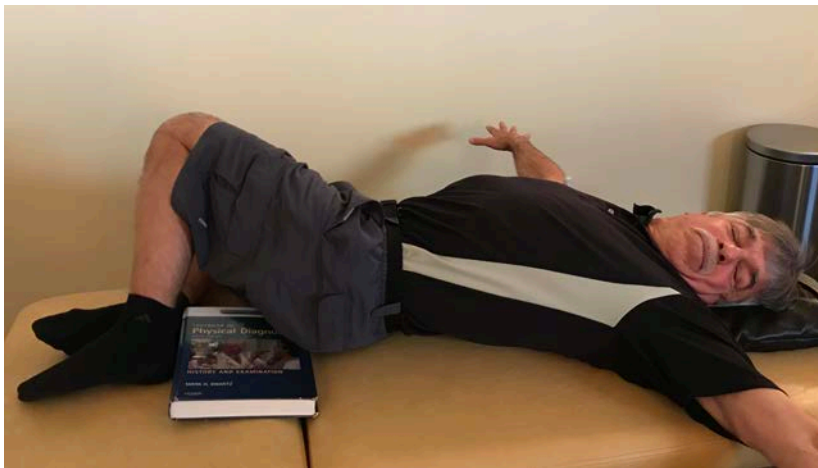
4'11" to 5'4" - 8"

5'4" to 6' 0" - 9"

6'0" to 6'4". - 10"

Thickness of measuring tool (2"-3")

Width (Left to Right)- Ideally 9"-14"





#### **Stretch 4**

Stand and hold something stable with one hand (back of chair, table, vanity). Begin with inside of big toes about 14" inches wide and pointed straight forward. Bring one leg straight back 11-12" behind other foot and stand on the ball of the back foot (heel is 2.5"-3" off ground). Weight should be evenly balanced on both feet. Turn the back foot (pigeon toe) so the very tip of your 2nd toe on the back foot is pointed exactly straight. You should notice that this causes the back heel to go out slightly (5 degree). Bend both knees about 1-2". You may feel a mild stretch or warmth in the front of the upper thigh of the rear leg. Hold for 30 seconds. Repeat with other leg.

