

## Seated Posterior Pelvic Tilt- Lumbar Flexion

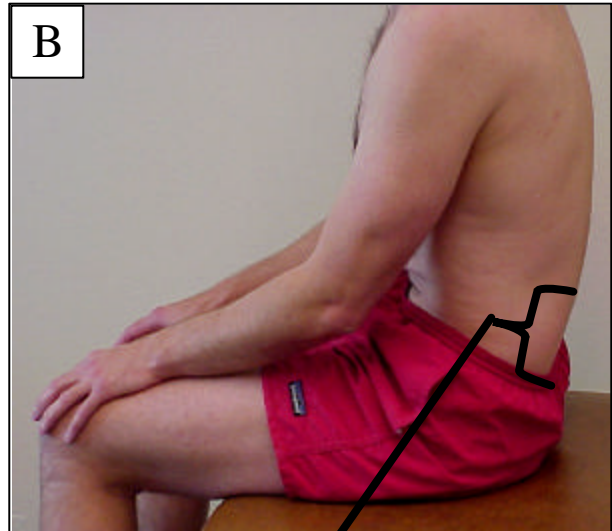
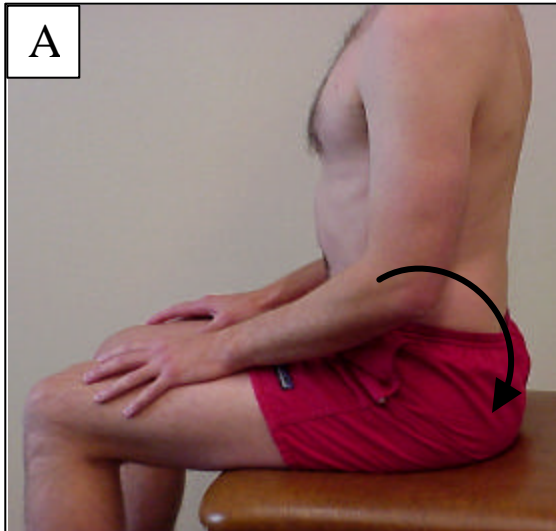
Start in an upright sitting position (A). Tilt your pelvis backwards to flatten or “round out” your lower back as shown (B).

You should feel the motion in your lower back. Be sure to keep your shoulders over your hips while you do the exercise.

Your therapist can help you adjust the exercise to focus the motion to the desired location of the lower back.

Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.

Keep your shoulders over your hips.



You should feel the motion here.