

# Pelvic Tilt

This is an important exercise in that it reduces stress on the lower back, especially when you are sitting or standing. You should lie on your back, knees bent, head comfortable with a pillow. You may notice a space between your lower back and the surface of the floor. Squeeze your buttocks together, tighten abdominal muscles, and tilt or tuck your buttocks until the small of your back is pressing flat against the surface of the floor. Hold for ten to twenty seconds and slowly relax. Do as many sets or repetitions as recommended by your doctor.

