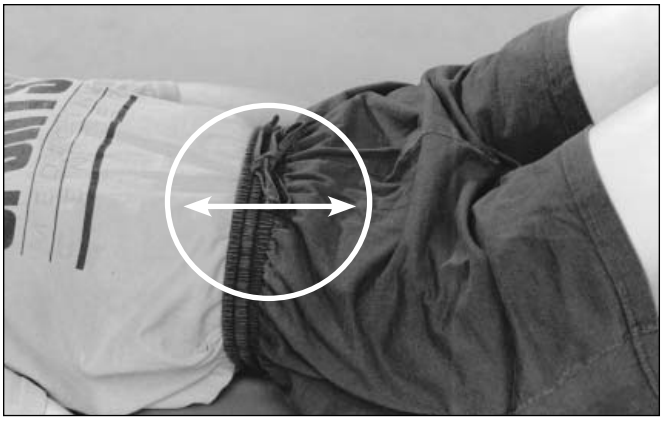
Pelvic Clock



Purpose: To improve coordination, strength and range of motion of pelvis and low back.

Position: Lie on back with knees bent and feet resting on surface.

Action: Imagine a clock under your tailbone with the 12 o'clock near the small of your back and 6 o'clock near the tip of your tailbone.

- ❑ Move the pelvis as if to touch each diagonal pair of numbers" 12–6, 1–7, 2–8, 3–9, 4–10, 5–11, 6–12, etc.
- ❑ Move pelvis around all the numbers of the clock in a clockwise direction. Repeat in a counter-clockwise direction.

Hold each repetition ____ seconds.

Do ____ repetitions ____ times per day.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.