

Lumbar Pelvic Mobility Exercises

1a. Neutral Lumbar Spine Position

Lie on back with knees bent, feet flat, hands at sides. Imagine that your pelvis is lying on the face of a clock. Number 12 is towards your head and number 6 is towards your feet. Let pelvis roll from #12 to #6 position in rhythmic, slow motion. This should be a pain-free motion. As you perform slower and smaller motions, let your pelvis come to a resting stop. This should be your Neutral Lumbar Supine position. This position allows a slight curve of the lumbar spine.



1b. Pelvic Clock Pretest/Post Test Activity

Roll pelvis towards #12. Let pelvis roll uniformly toward each of the numbers of the clock in a clockwise direction. Repeat in a counterclockwise directions. Return to this activity after performing the following exercises to determine if control has improved.

1c. Pelvic Clock Diagonals

Assume neutral spine position, roll pelvis towards the #12 position and back to the middle. Repeat 10 to 15 times. Continue this exercise by moving pelvis from neutral position to each of the subsequent numbers on the clock. Repeat 10 to 15 times. Again, emphasis is on least amount of effort to perform motion. If pain occurs, perform slower or smaller action. If pain continues, discontinue exercise.

1d. Abdominal Curl-Up

Lie on back with knees bent and feet flat on the floor. Nod head and raise shoulder blades off the floor. When shoulder blades leave the floor, hold position for five seconds and then slowly return shoulders to the floor. Begin with 10 repetitions. Progress to 20 to 30 repetitions. To increase resistance, cross arms on chest or place hands on top of forehead.



1e. Abdominal Rotation

Lie on your back with knees bent and feet flat on the floor. Reach hand toward opposite knee. Hold position for five seconds. Repeat with opposite side. Progress as in exercise 1f.



Continued

1f. Back Flexion/Extension (Arch/Sag)

Position self on floor in the hands and knees position, shoulders over hands, hips over knees. (Your head may stay relaxed throughout the exercise.) Begin by arching your back like a cat. Then, allow back to sway (sag) like an old donkey. Try to start the movement with the pelvis. Slow control is the intent of the exercise. Repeat 10 to 20 times.



1g. Trunk Side Bending

In the hands and knees position, turn head to the left, looking to the outside of your left foot. You should feel a stretch to the right side of your trunk. To facilitate an increased stretch, place your right hand in front of your left hand. Repeat with opposite side.



1h. Combination/Sit to Heels

In the hands and knees position, slowly move your buttocks back toward your heels. Any position during the buttock to heels movement, you can repeat Exercise 1h. At any position in the arch/sway sequence, you can perform the side-bending sequence of Exercise 1i. This combination of exercises will promote improved muscle control and stretching to specific areas.



1i. Circles; Lower Trunk Rotation

Imagine that your pelvis is lying on the face of a clock. Begin at 12 o'clock. Uniformly roll pelvis towards #12, #1, #2, #3, and then return to starting 12 position. Repeat 10 to 15 times. The emphasis is placed on using abdominal effort to perform activity and for this activity to be pain free. This is a sequential motion.



1j. Lower Trunk Rotation Progress with Leg Cross Over

To progress above exercise, cross leg and perform activity to side of leg doing crossing.

