

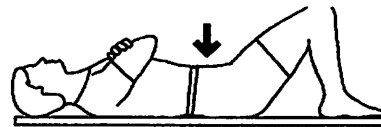
Posture – Balance - Coordination Evaluation:

Rehab Rule #1 – Always perform exercises in a pain free range of motion.

Rehab Rule #2 – Never start a new rehab protocol until you can do the previous one well.

Pelvic Tilt

The most essential technique for rehab and good posture is how to properly do a pelvic tilt. Lie on your back with knees bent and feet flat on the exam or therapy table. Step one is to breathe in while tilting the pelvis forward and arching the lower back. The movement is visible in the stomach not the chest. Step two is to exhale slowly and flatten the back to the floor while tucking the pelvis backward, picturing the navel touching the spine.



Level A Perform this in the supine position.

Level B Perform this standing – lean backward with the back to the wall – feet shoulder width apart and 12 to 18 inches from the wall – legs straight and knees locked into position.