

**Notes :** IMPORTANT! These exercises may not be right for you. You have to consult a physio or healthcare professional before trying any of them. You should not experience any increase in pain during or after doing these exercises.  
 Need more help with an injury? You can consult me online via video call for an assessment of your injury and a tailored treatment plan:  
[sports-injury-physio.com](https://s.sports-injury-physio.com)

### 1 Posterior pelvic tilt



Sit on a ball with your thighs parallel to the ground, your feet flat on the floor and your back in a neutral position (slightly arched).  
 Use your lower stomach muscles to tilt your pelvis backwards.  
 Hold for a few seconds and then tilt it forwards

### 2 Anterior pelvic tilt on ball



Sit on a ball with your thighs parallel to the ground, your feet flat on the floor and your back in neutral position (slightly arched).  
 This time tilt your pelvis forward so that your bottom starts to stick up to the ceiling.  
 Hold for a few seconds and then do a posterior tilt

### 3 Lateral pelvic tilt



Sit on a ball with your thighs parallel to the ground, your feet flat on the floor and your back in a neutral position (slightly arched).  
 Maintain a steady abdominal breathing while you move your pelvis to one side and then the other, keeping your shoulders and your torso completely still.  
 Repeat a few times

### 4 Cat/Camel



Start on all fours with your back straight, hands under the shoulders and knees under the hips.  
 Imagine you have a tail attached to your bottom.  
 Using your stomach muscles to tuck your tail between your legs and continue the movement with the rest of your spine so that your whole spine is curled up to the ceiling.  
 Now reverse the movement by sticking your bottom up to the ceiling and curling your spine down to the floor so that you make a hollow in your lower back.  
 You should initiate the movement from the pelvis and lower back and follow it with the rest of the spine.  
 Do 10 times

### 5 Pelvic tilt in lying



Lie on your back with your knees bent.  
 Use your lower stomach muscles to tilt your pelvis backward and flatten your back to the floor.  
 Hold the position for 10sec  
 Return to neutral and repeat.

## 6 Pelvic tilt, leg slide



Lie on your back with your knees bent up  
 Tilt your pelvis back using your lower stomach muscles so that your lower back flattens against the floor.  
 Make sure your back stays flat throughout the exercise!  
 Now slowly straighten one leg out by sliding the heel on the floor. Only go as far as you feel you're able to control the position of your lower back. It is OK if you can't straighten your leg fully at the beginning. Keep practising and it will get better.  
 Now repeat with the other side.

## 7 Combined Hip Flexor Stretch



**DONT PULL TOO HARD!**

Starting position: Half kneel with your one knee on a pillow and your other leg out in front of you. Hold on to something for balance if needed.

Movement: A. Push your hip forward, but at the same time tilt your pelvis backwards so that you feel a stretch over the front of your thigh and hip. This is important - if you allow your pelvis to tilt forward, the stretch will not be as effective. This will mainly stretch the iliopsoas muscle, but if you're very tight you may have to spend time on this part first and then add in part B.

B. Once you can easily achieve part A, maintain that position and grab hold of your foot. You may have to loop a belt or towel around your foot if you are very stiff.

Aim: Hold the stretch for 30sec and repeat 3 times on each leg.

## 8 Pelvic tilt in standing



Stand up with the feet at shoulder width.  
 Bend your knees  
 You can place your hands on your side or have your arms hanging.  
 Tilt the pelvis back by squeezing using your lower stomach muscles.  
 Imagine the pelvis being a big bowl full of water. You want to pour the water from the back when you tilt backwards.  
 Now maintain that position and slowly straighten your knees. Hold for 10sec  
 Repeat several times.