

# Hip, Pelvic and Low Back Exercises

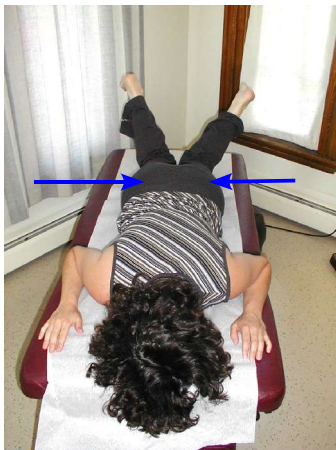
## Home Hip Exercises For pelvic alignment



1. Sit squarely in a chair with feet even in front of you. Feet and knees should be one fist distance apart. Squeeze your knees together on your fist (or a roll of toilet paper) as hard as you can tolerate for 8-10 seconds.
2. Now lean forward with your elbows out and hands on knees. Push your knees apart as hard as you can tolerate for 8-10 seconds (resist with your hands.)
3. Repeat the exercise, but this time with your elbow (or a roll of paper towels) between your knees. Keep your feet the same distance apart as your knees.
4. Repeat these exercises at least twice a day, or as often as needed. Clicks or pops in the hips and groin are normal for this exercise.

## Sacral Float

For sacrum / tail bone



1. On your stomach, bend your knees, lower legs at a 90 degree angle from the table. Squeeze your buttocks together as tight as you can for 5-10 seconds.
2. This exercise should always be done AFTER the Home Hip Exercise. This should be done at least twice a day for low back pain / sacroiliac joint pain or sciatica.

## Piriformis Stretch

For Sciatica



1. Seated on a chair or on the floor. Cross your foot over the opposite thigh. Pull your knee toward the opposite shoulder with your hands. Now push your knee away from the knee while resisting with your hands.
2. Hold this for 5-10 seconds, relax, but don't let your leg go. Take up the slack and pull your knee closer to your chest. Repeat the exercise two more times. This stretches the muscles across your buttocks.

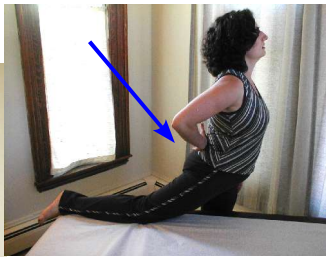
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## Iliopsoas Stretches



1. This stretch works that deep back muscle that is so hard to reach. This muscle begins along the lumbar spine, sweeps through the inside of the hip, then exits through the middle of the groin and attaches deep on the inside of the upper femur (on the lesser trochanter).

2. Stand as if to stretch the calf muscle, now lift the heels off the ground and push your pelvis forward. Your back should be upright or leaning backwards a bit. You should feel a stretch in your groin or in the lower back region. Hold for 15-30 seconds or longer.



3. This is a variation of the same stretch.

This is a key exercise for sacroiliac joint pain or any persistent low back pain, especially if you feel it in the groin as well.

4. Some find that this is a gentler stretch if the muscle is very tight. If your bed is too tall, try putting a box or a stack of books under your foot for support. Lower your leg further as the muscles begin to relax.

## Hamstring Stretch



## Iliopsoas Relaxation



This is an excellent relaxation for sacroiliac joint pain (tail bone region) and lower back pain. Lay with your feet and lower legs supported on a chair or similar object. Let your knees bend up and relax out as far as needed until the pain in the lower back significantly improves or goes away. Rest like this for at least 5-15 minutes.

## Lumbar Stretch



Sit comfortably and let your body hang over your legs. Relax and hang as long as you can. Try going barefoot and tuck your hands under your arches.

## Lumbar Twist/Stretch



Lay on your back and let your leg "hang" over the other. If this is too hard, bend both knees and gently let them rotate to the side until you feel a good stretch.

Flex your knee toward your chest. Hold on to the back of your knee and then stretch out your leg as far as you can. Hold for at least 30 sec. Relax your leg and repeat at least three times.