

Back Exercises

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Pelvic Tilt Sitting

When we sit, most of us roll our pelvis' too far back (posterior tilt). This throws out the posture of the whole spine, & places a lot of stress on the discs of the lower back.

Exercise

Do this exercise whenever you are sitting for prolonged periods. Start by sitting on the edge of a high seat, where your knees are below your hips. Your feet should be flat on the floor. Without allowing your shoulders or chest to travel forward, roll your pelvis into an anterior tilt. (This can be very difficult at first. You may need instruction from your physiotherapist, because it is important to do it properly). You should feel that your weight is rolling off your sit bones and more onto your thighs. This should give you a feeling of mild pressure in the low back. Don't arch into the mid back.

When you have tilted the pelvis forward as far as you can, back off a fraction. Now, hold this position for 10 to 15 seconds. Relax, but don't let your pelvis roll completely back. Repeat this 10 times.

Start by doing this every 30 minutes. When you get better at the exercise, you will be able to do it while sitting into your back-support rather than on the front edge of the seat. You should also be able to repeat this every 15 to 20 minutes or more. It is harder to do the exercise in low seats (such as the car), but in time you should be able to manage this as well.

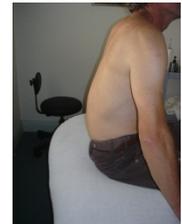
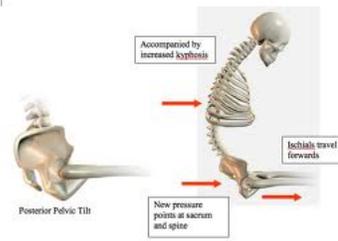
Points to note:

- You shouldn't feel tension in your upper back.
- Don't try and sit like this all day.

If you would like a printable copy of this exercise, please email us at: info@cssphysio.com.au

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