PELVIC STABILIZATION EXERCISES

THE FOLLOWING EXERCISES SHOULD BE DONE 30 TIMES PER DAY OR AS DIRECTED BY YOUR THERAPIST.

PELVIC BRIDGE
1. Lie on your back, press your elbows into the surface as you raise your hips up in the air as far as you can. Hold for ten seconds
2. Repeat 10 times and do this 3 times per day.
3. If cramping occurs in the hamstrings, put towel / sheet / belt around your legs and press your legs into the sheet as you lift your hips.