

Pelvic Repositioning Exercises

Starting position: Lie on your back with your feet on a wall. Hips and knees are bent at right angles. Hands are placed on your lower ribs.

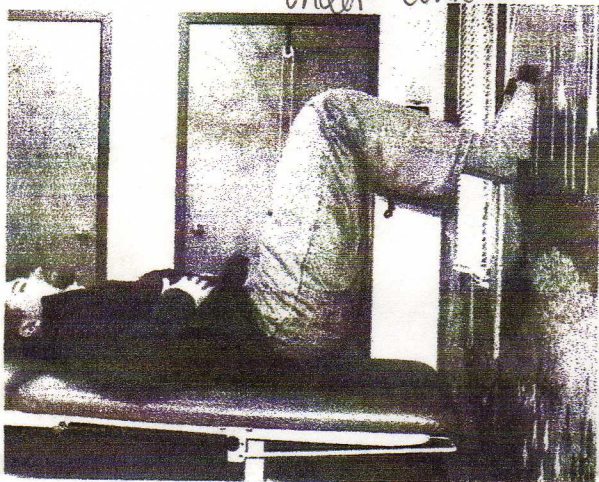
1. Ribs down breathing (diaphragmatic)

Assume the starting position. Practice breathing in through your nose and out through your mouth. As you inhale, your stomach will rise up, your chest should not. As you exhale, feel your stomach and ribs move down towards the floor. You should master exercise # 1. before moving on to exercises #2 & 3

2. Hip Lifts

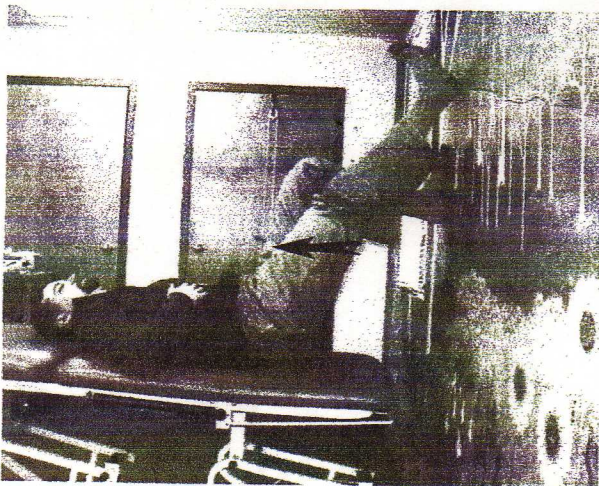
Imagine legs under ankles

(Tilt pelvis then lift)



Assume the starting position. Inhale through your nose, keeping your lower ribs down. You should notice your stomach rise up as you breathe in. As you exhale through your mouth, lift your hips off the mat. Your pelvis should tip back and your abdominals should stay relaxed. Hold your hips up 1-3" off the floor. You should be holding the hip lift with your legs. Breathe 4-5 x's keeping your ribs down while maintaining the hip lift position. On your last exhale lower your hips down slowly to the floor. Repeat this exercise 3 times.

3. Right leg Hemibridge



Assume the starting position. Inhale through your nose and lift your hips as you exhale through your mouth. Once in the hip lift position, remove **right** leg from the wall. Straighten your **right** leg and tap your heel 10 times on the wall. Return your **right** foot to the wall and lower your hips as you exhale. Remember to breathe diaphragmatically (ribs down) during the entire exercise. Repeat this exercise tapping your **right leg only** for 3 sets of 10. **Do not repeat this exercise with your left leg!**

Repeat exercises

1 2 3

2x

times a day until otherwise instructed.

*before / after runs if possible
or as needed for pain relief.*

