## Lower Back

## **5** Pelvic tilt and lift

exercises to be carried out only under the instruction of your chiropractor



A Lie down on the floor.

Push your lower back into the floor, exhaling at the same time.

Hold for 3 seconds.



**B** Lift your pelvis off the floor, being careful not to arch your lower back off the floor. Hold for 3 seconds.

Repeat 15 times daily.

