

AIR DISC PELVIC ROCKS/TILTS



Starting position

- Place the air disc under your pelvis with the edge of your buttocks just off the end
- Your pelvis should be level with the bony points at the front of the pelvis pointing to the ceiling
- Lie on your back, with your knees bent and your feet on the floor (start with your feet hip width apart- to increase the level of difficulty bring your feet and knees together to narrow the base of support)
- Place your arms relaxed across your chest



Movement (pelvic rocks)

- Exhale. Set your pelvic floor and lower abdominal muscles
- Roll your pelvis back and gently press your lower back into the air disc
- Inhale. Roll your pelvis forward through the starting position and then arch your back slightly as if someone were pulling on a belt that you are wearing
- Repeat this forward and backward movement 5 times, trying to increase the range of movement



Movement (pelvic tilts)

- Exhale. Set your pelvic floor and lower abdominal muscles
- Tilt your pelvis slightly so your left pelvic bone tilts towards the ceiling
- Move slowly back to a neutral position and then tilt your pelvis so your right side tilts to the ceiling
- Repeat this side to side movement 5 times
- Try not to hitch your hip as you do the movement

- Notes: Relax your legs and initiate the movement with you lower abdominal muscles, not your leg muscles