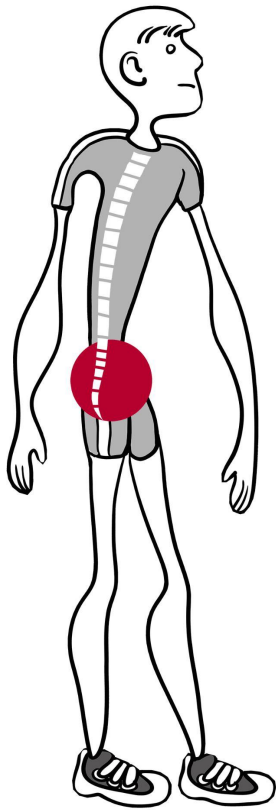


Pelvic Clock®

Posterior Pelvic Tilt

Stretches & Exercises





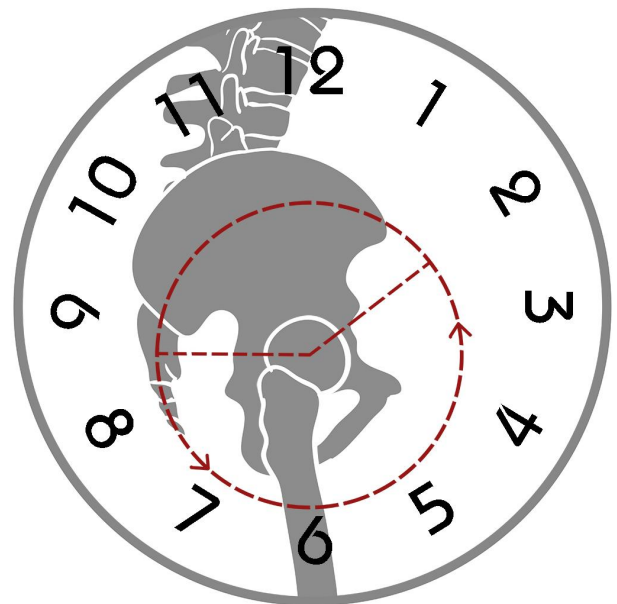
Posterior pelvic tilt refers to a posture where the pelvis is tilted backwards due to a muscle imbalance between tight, short muscles at the front of the body and weak muscles at the back.

To counterbalance a posteriorly tilted pelvis, the head moves forward and the shape of the spine changes:

The lumbar spine loses its natural inward curvature (the lumbar lordosis).

The lower back becomes flat or rounded.

The thoracic spine curves too much, increasing the thoracic kyphosis.

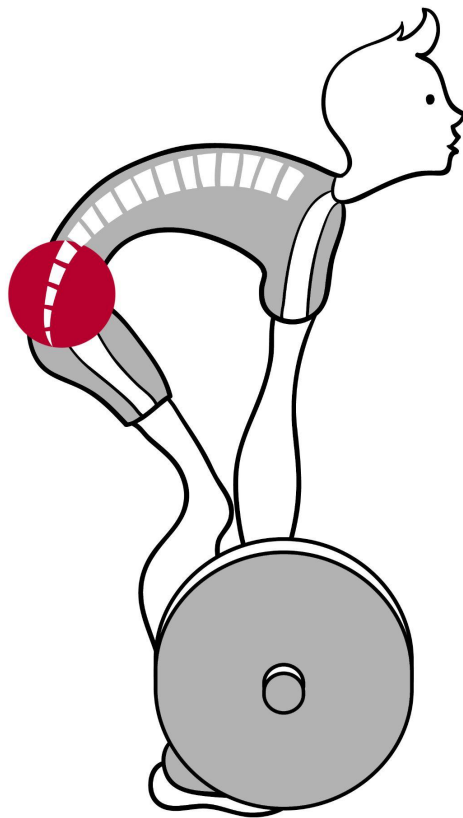


Changes in the shape of the spine can lead to the deterioration of your posture in the following ways:

- The head moves forward
- Shoulders are rounded
- The back becomes hunched or flat

The symptoms of a posterior pelvic tilt include:

- Weak glutes (hip extensors)
- Weak erector spinae muscles (spinal extensors)
- Tight rectus abdominis muscle (spinal flexor)



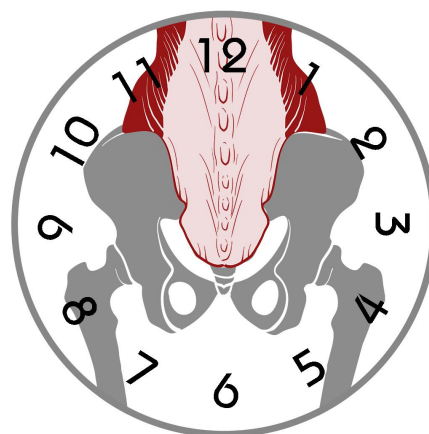
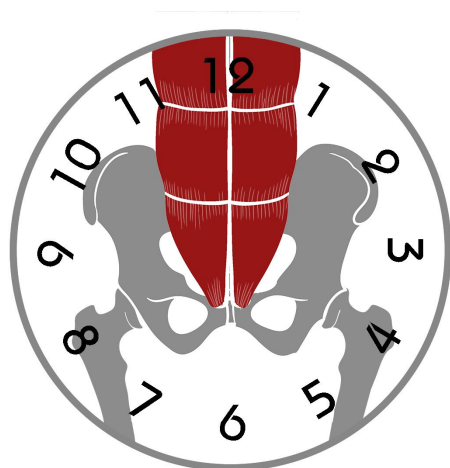
WHY CORRECT A POSTERIOR PELVIC TILT?

A posteriorly tilted pelvis inhibits the normal function of undeveloped glutes, meaning the glutes are never able to become strong. Without strong glutes, you have no balance — and without good balance, you are unsafe.

It is important to correct a posterior pelvic tilt *before* beginning any strenuous activity, such as weight-lifting, running or golf. Never wait for pain to strike to start engaging in corrective exercise. Prevention means finding a “neutral pelvis” position and maintaining the muscle structure to support it.

The Pelvic Clock® workout helps correct a posterior pelvic tilt and ensures the pelvis maintains a healthy, neutral position by:

Strengthening
erector spinae and
multifidus muscles



Stretching the tight
rectus abdominis
muscle

Correcting *Lordosis* (insufficient curvature of the lumbar spine.)
Reducing *Kyphosis* (excessive curvature of the thoracic spine.)

The Pelvic Clock® Exercise Device is for people dedicated to pursuing a regular exercise program to treat their chronic lower back pain and other related conditions.

Some people feel the effects of using the Pelvic Clock® device right away, especially after a long day of sitting. However, please keep in mind that it is not a one-off effort and in order to get the full benefits, you need to make pelvic clock exercises part of your daily regimen.

TIPS:

1. Start at a slow pace. Take time to build up your exercise routine. Take your time to stretch and decompress.

2. Listen to your body. When you are looking for pain relief, your own intuition and common sense can be very helpful. You need to find the direction of the movement that reduces your pain.

If tilting your pelvis in one direction increases your pain, tilt it in the opposite direction.

3. If you are experiencing pain, stop your practice. Ice your lower back for 15 minutes, and give it a little rest.

4. Always exercise within your own limits. Gradually increase your range of motion until you are pain free.

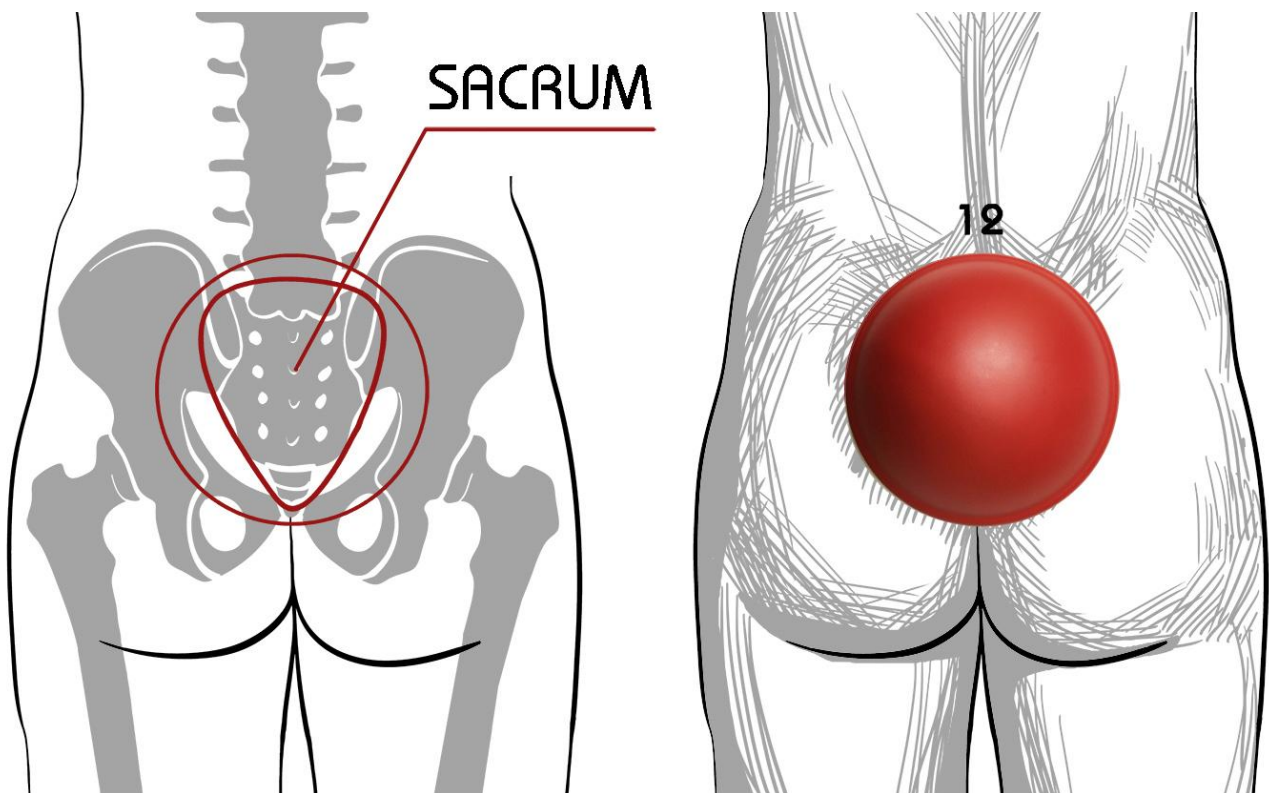
5. In the first 2 weeks of your practice, you might want to use a small towel on top of the device for extra padding.

6. If your mobility is limited, start exercising on the bed or massage table. The soft surface will reduce the height of the device.

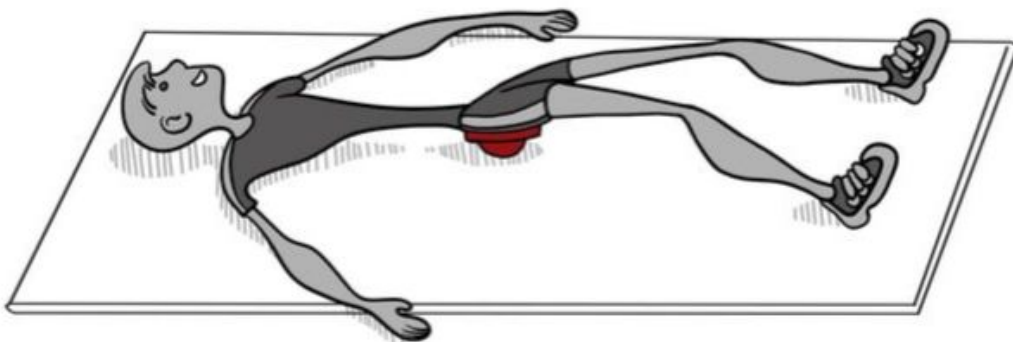
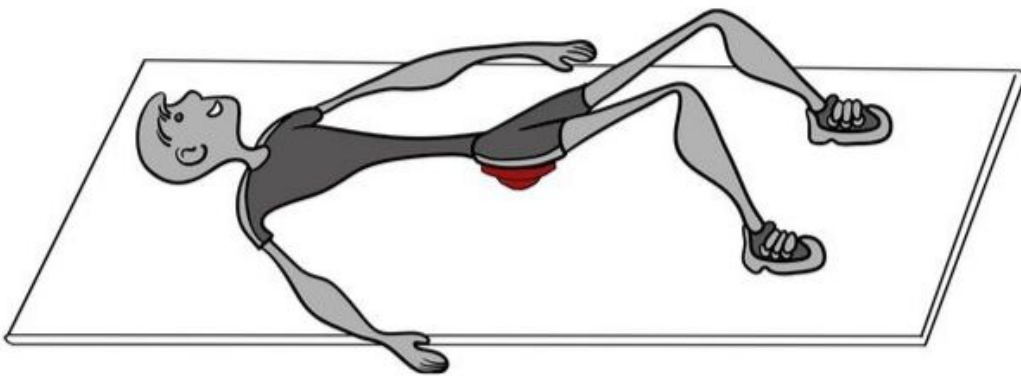
How to Set Up For Exercises

Lie on your back with your knees bent and feet flat on the mat (this is called the semi-supine position). The feet should be hip distance apart.

Lift your pelvis about 1 to 3 inches off the floor. Then, place the device below your sacrum, between your sacrum and the floor. Lower your pelvis, and your sacrum should be sitting in the recess of the flat upper surface. The convex lower surface of the device stays in contact with the floor. Point the **12** o'clock marker on the device toward your head.

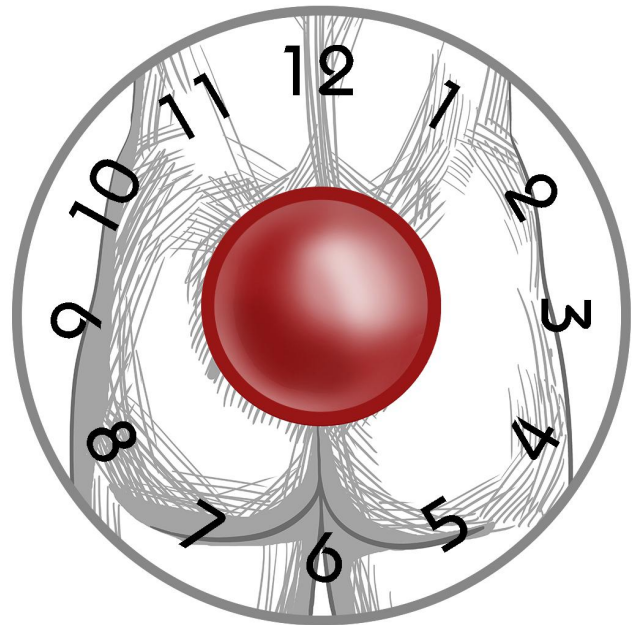
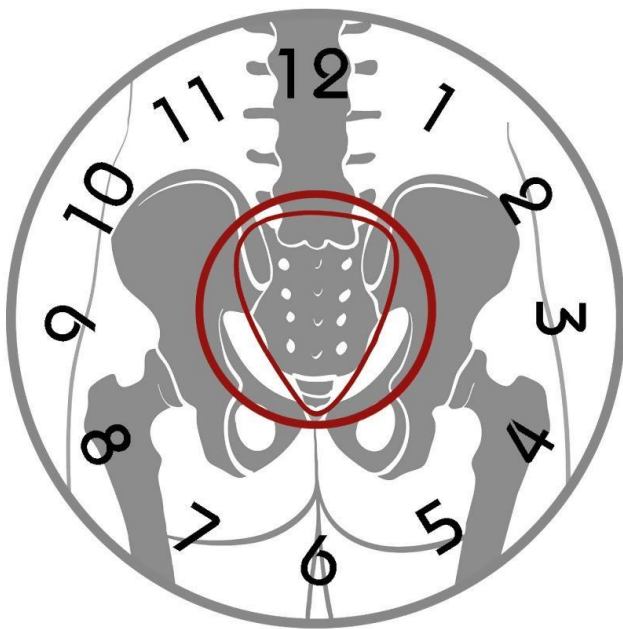


Once you have the device in position, you can just relax on it for a minute or two. Stretch out your legs on the mat or try rocking side to side.



Exercise Patterns

In each exercise, your pelvis will follow a different pattern, using the numbers of the clock as a guide.



Duration of Exercises

Aim to repeat each exercise 10 to 20 times. The number of repetitions and length of practice will vary for each person, depending on factors like affected side, physical condition, age, gender, and degree of pain. The goal is to perform all of these exercises within a range of motion that does not increase your pain and with the expectation that the device will help you to gradually increase your range of motion until you are pain free.

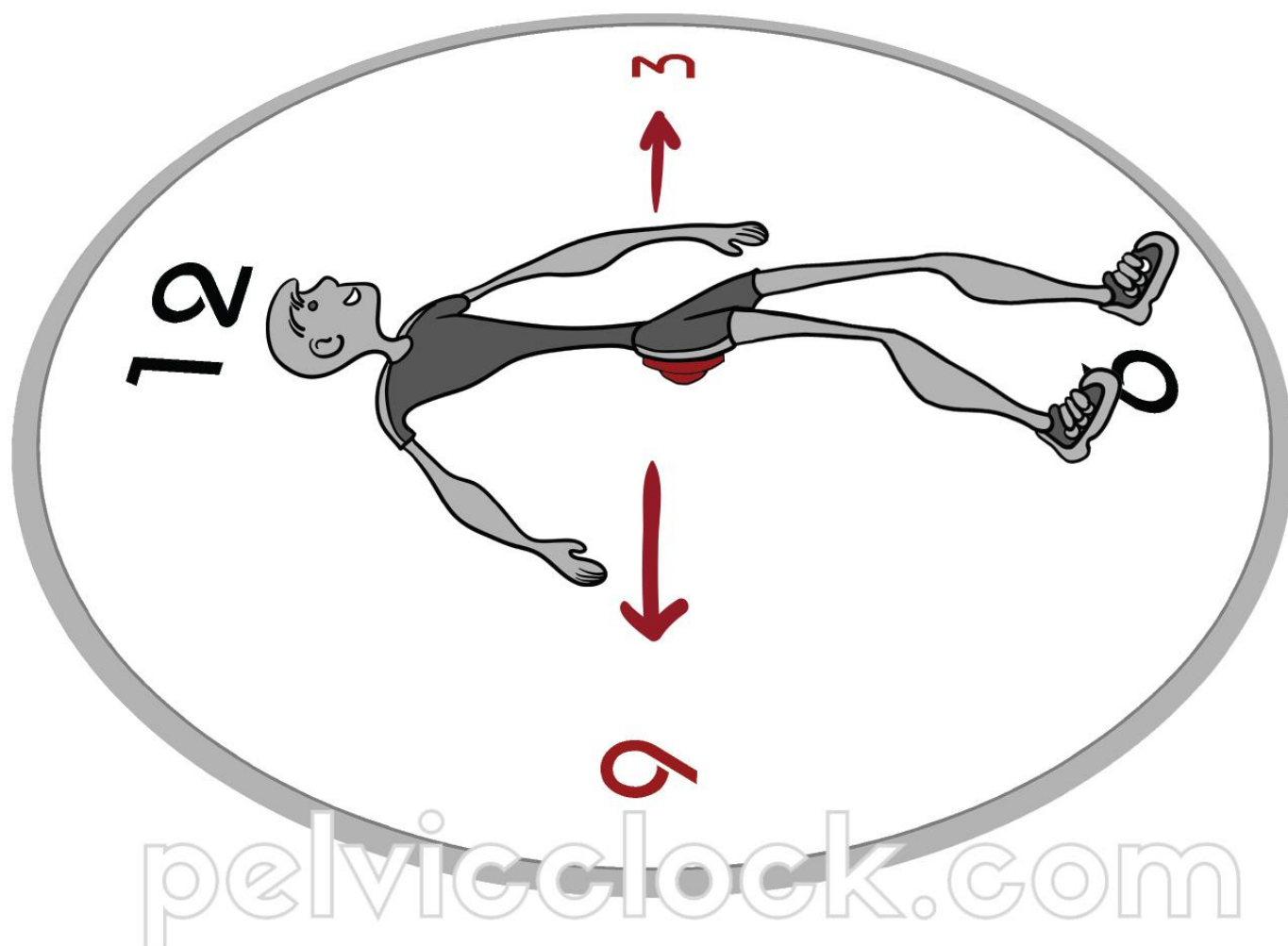
Pelvic Clock®

Stretches

Exercise "3-9" with straight legs

Stretch your legs, relax, and rock your pelvis side to side following the **3-9** pattern.

Repeat 10-20 times.



Cross Stretch

This stretch is perfect for targeting the psoas muscle (a hip flexor), as well as the shoulder.

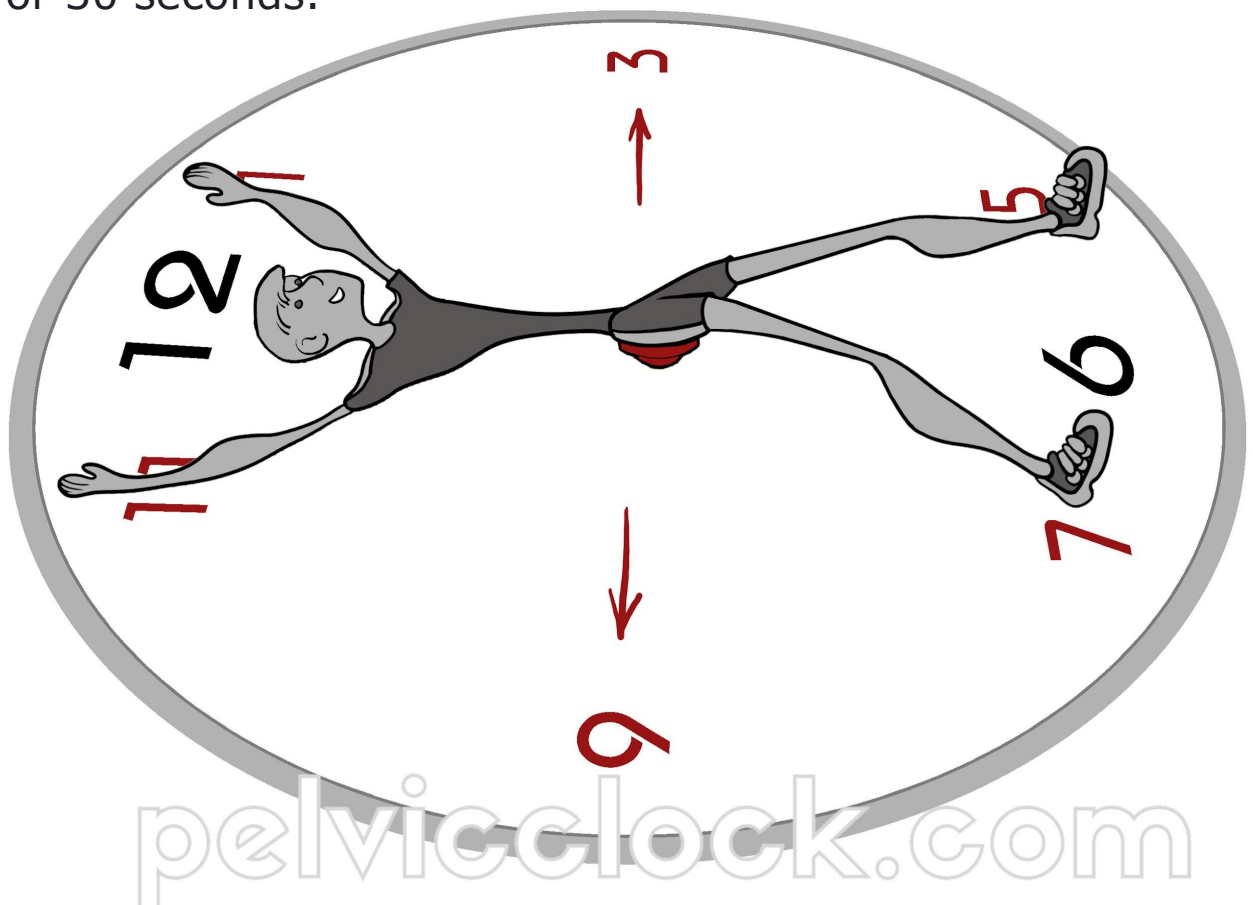
Get into position with your legs and arms stretched wide.

Tilt your pelvis to the left toward the **3** o'clock marker, stretch your right arm to the **11** o'clock marker, and stretch your left leg to the **5** o'clock marker.

Hold for 30 seconds.

Tilt your pelvis to the right toward the **9** o'clock marker, stretch your left arm to the **1** o'clock marker, and stretch your right leg to the **7** o'clock marker.

Hold for 30 seconds.

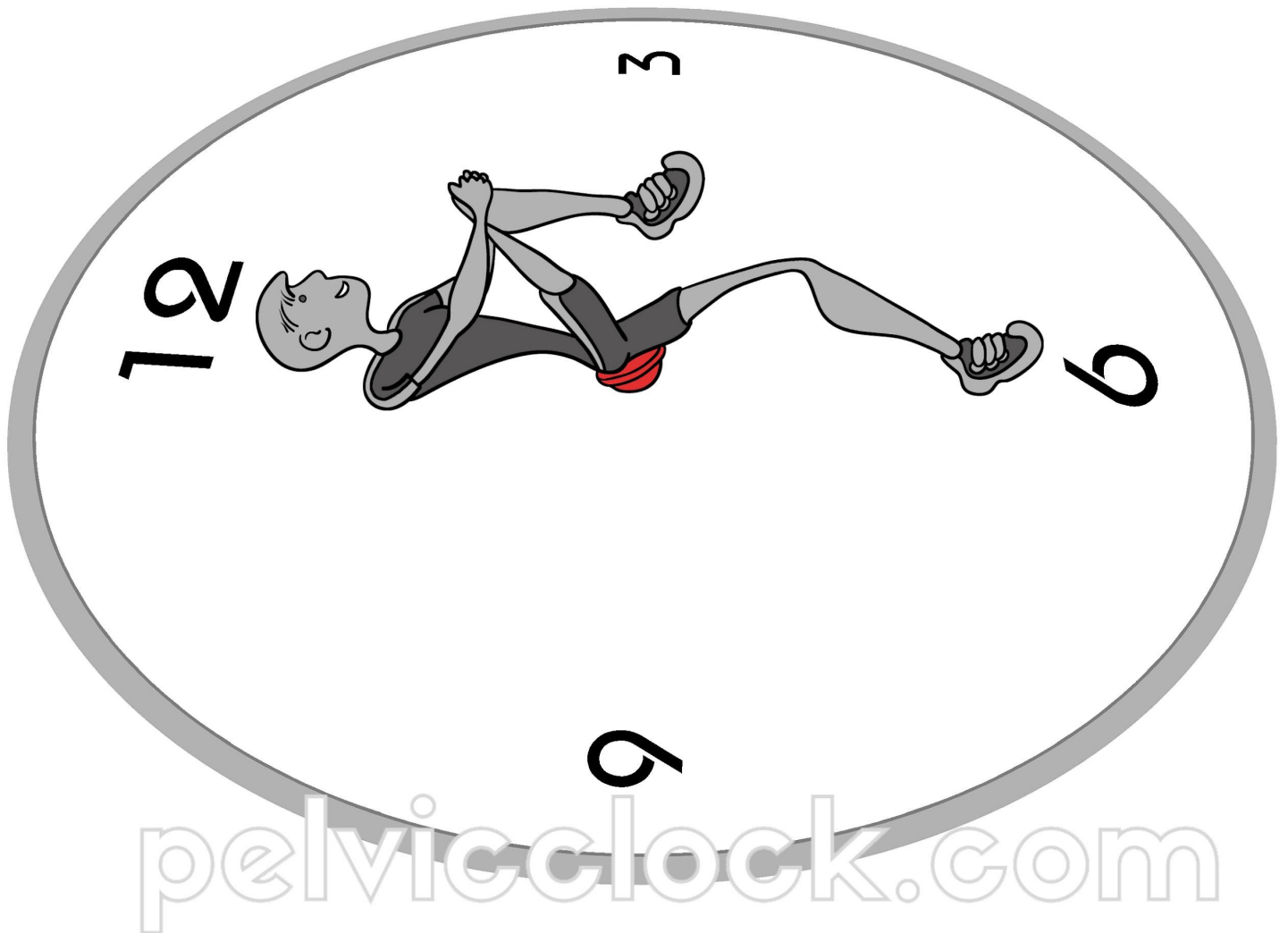


Knee-to-Chest Stretch

Pull your **right** knee toward your chest. Stretch your left leg and relax.

Slowly rock your pelvis in different directions for 30+ seconds.

Then repeat this stretch with your **left** knee.



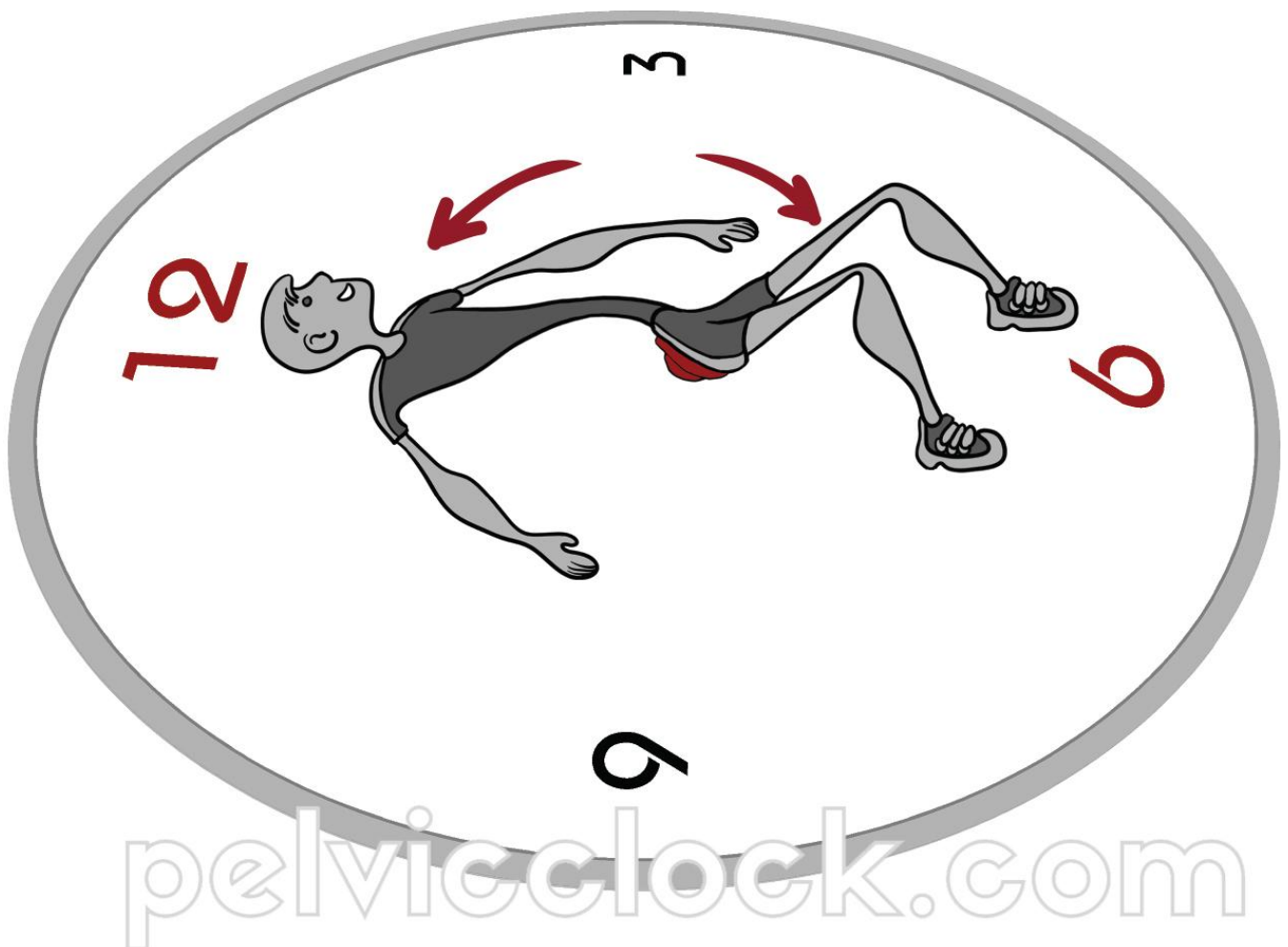
Exercise "12-6"

Bend your knees and press your feet into the ground.

Slowly tilt your pelvis back toward the **12** o'clock marker (in the direction of your head).

Then take a deep breath and tilt your pelvis forward toward the **6** o'clock marker (in the direction of your feet).

Repeat 10-20 times.

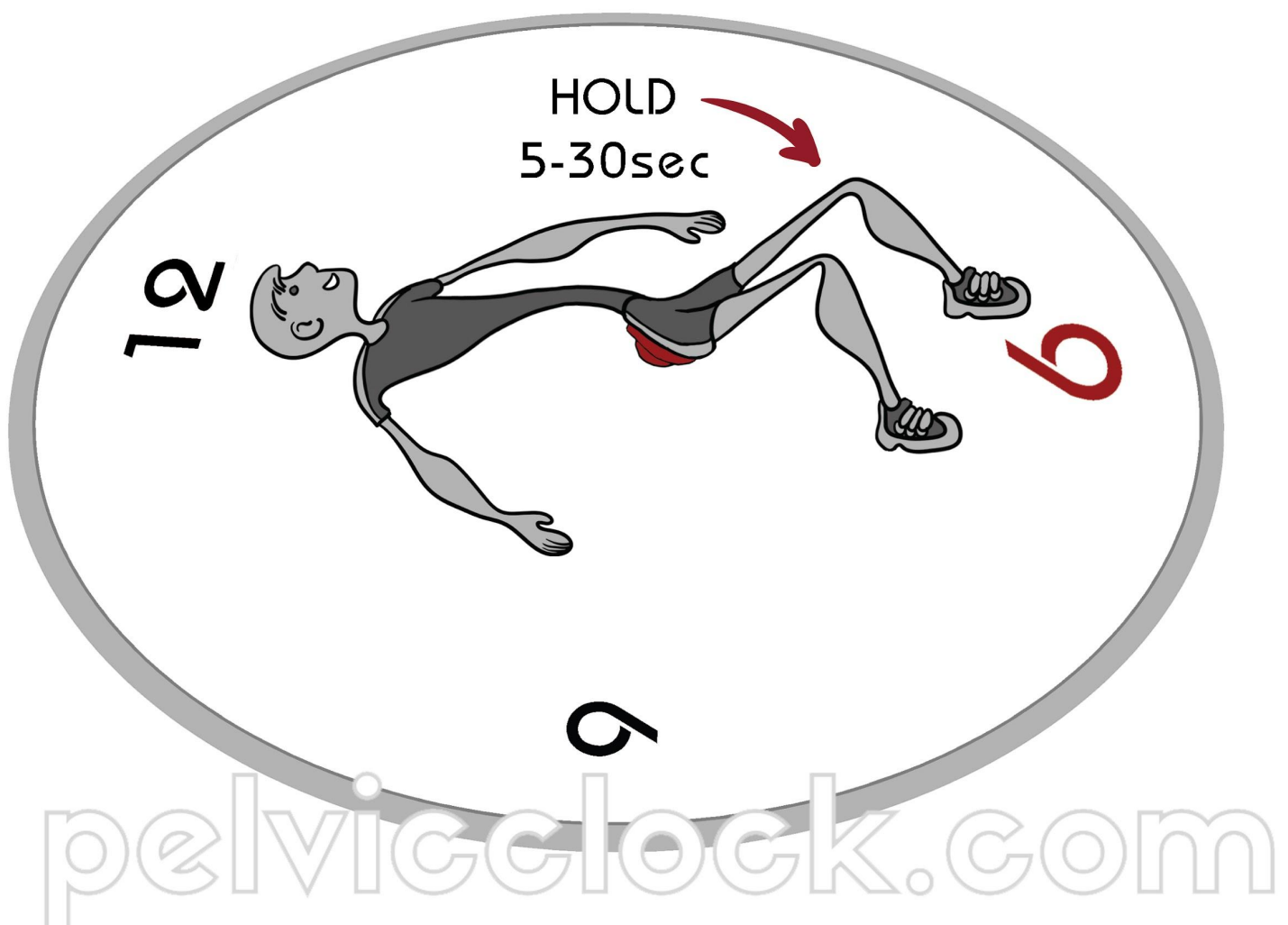


Exercise "6-HOLD"

Focus on position **6** to strengthen the erector spinae muscle and stretch the rectus abdominis muscle.

6 - INHALE and tilt your pelvis forward toward the 6 o'clock marker. Hold this position for five seconds without breathing. HOLD this position for five seconds.

12 - EXHALE and tilt your pelvis back in the direction of your head.



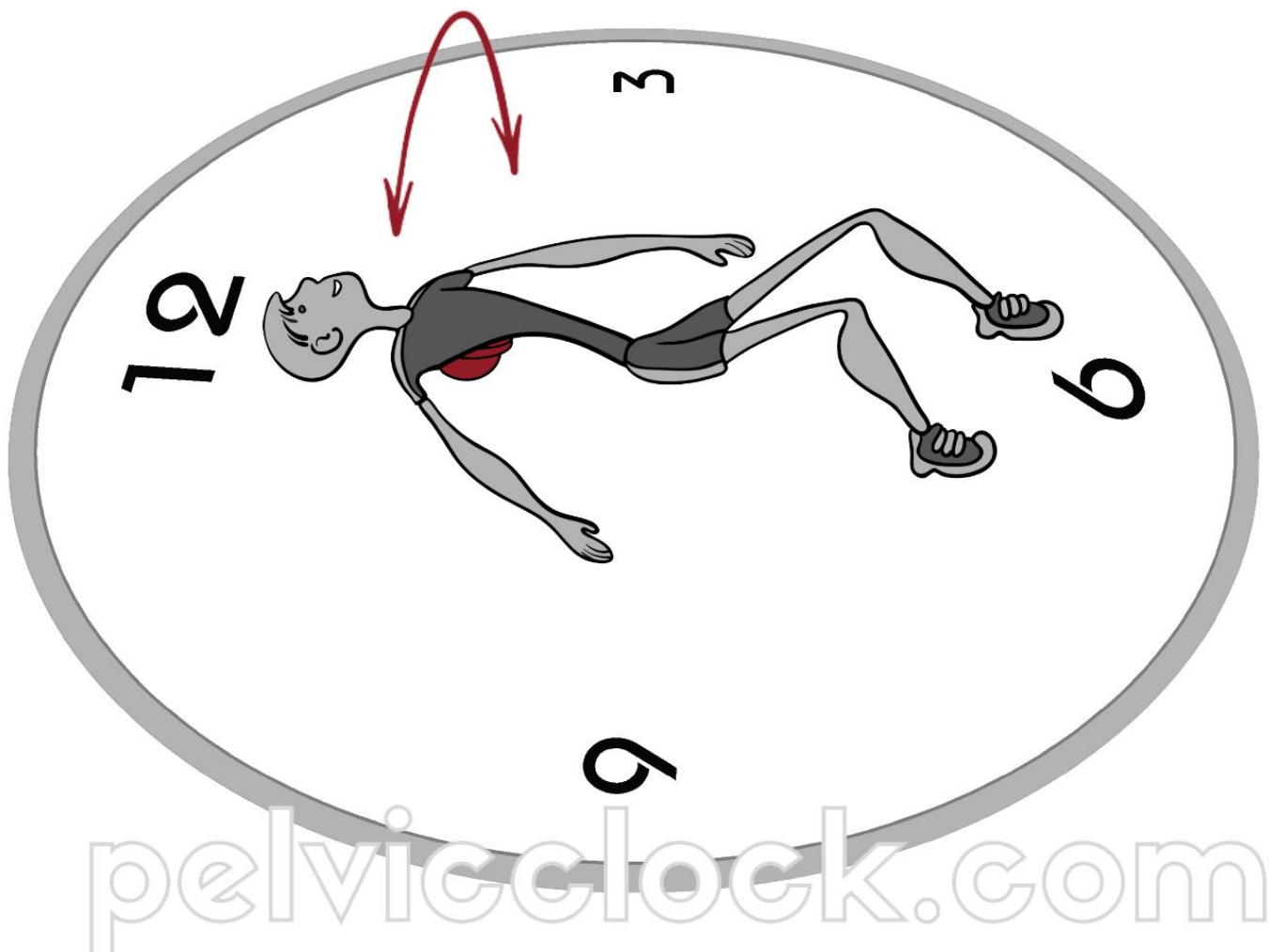
Stretch for Thoracic Mobility

Bend your knees and press your feet into the ground.

Place the flat surface of the device between your shoulder blades with the round side of the device on the ground.

Tilt your rib cage to the left. Then take a breath and tilt your rib cage over to the right.

Repeat 10-20 times.



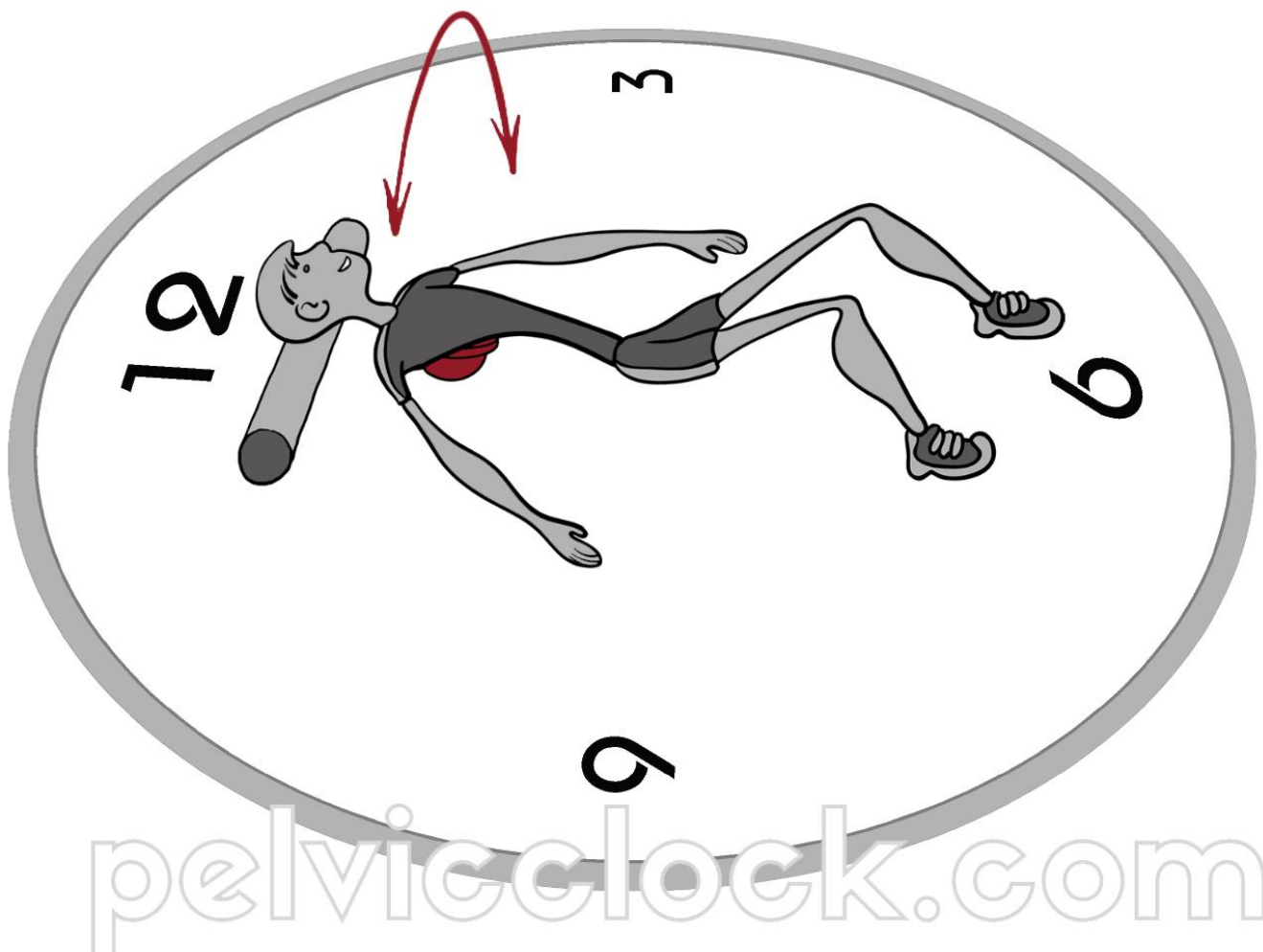
Thoracic Mobility Stretch with a Foam Roller

Bend your knees and press your feet into the ground. Place your head on a foam roller.

Place the flat surface of the device between your shoulder blades with the round side of the device on the ground.

Tilt your rib cage to the left. Then take a breath and tilt your rib cage over to the right.

Repeat 10-20 times.



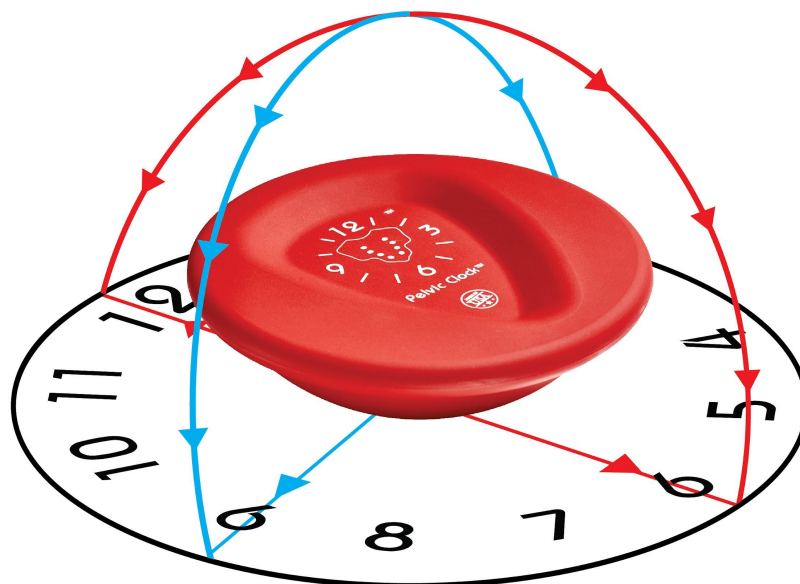
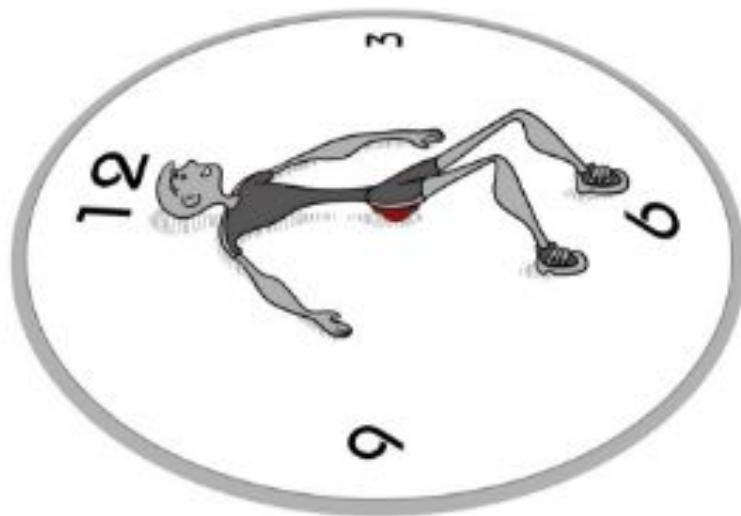
Pelvic Clock®

Core Stability Exercises

Find a Neutral Pelvis Position

Before you start with Pelvic Clock® exercises, you should find your Neutral Pelvis Position when your pelvis is neither rotated nor tilted forward, back, or sideways.

Take five deep breaths, as you balance in this position, keeping the flat surface of the device perfectly parallel to the floor.

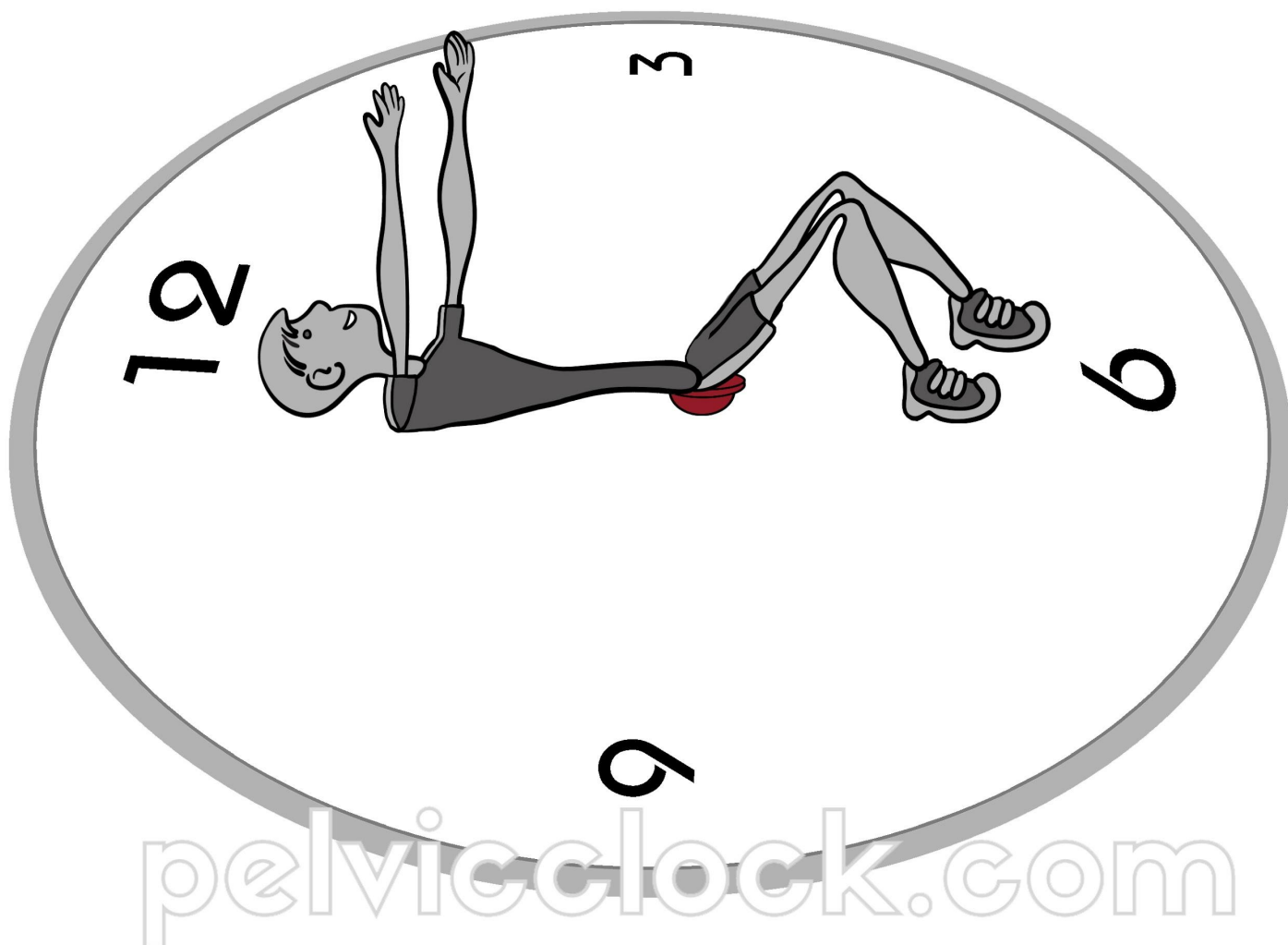


Arms Up

Stretch your arms up. Hands aligned with shoulders.

Take five deep breaths, as you balance in this position, keeping the flat surface of the device perfectly parallel to the floor.

Repeat 5 times.



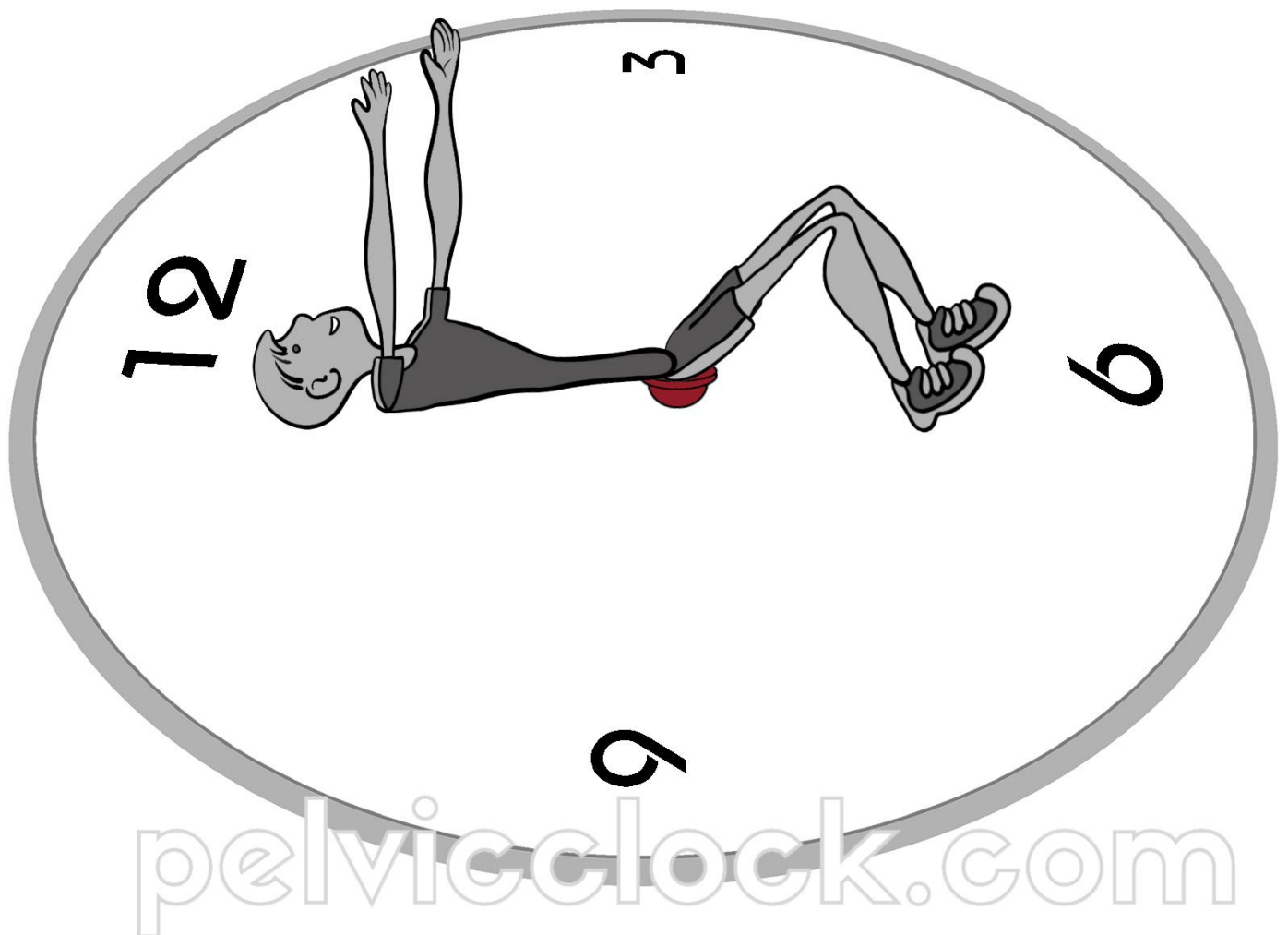
Balance on Heels

Stretch your arms up. Hands aligned with shoulders.

Lift the soles of your feet up and try to balance on your heels.

Take five deep breaths, as you balance in this position, keeping the flat surface of the device perfectly parallel to the floor.

Repeat 5 times.



Balance on One Heel

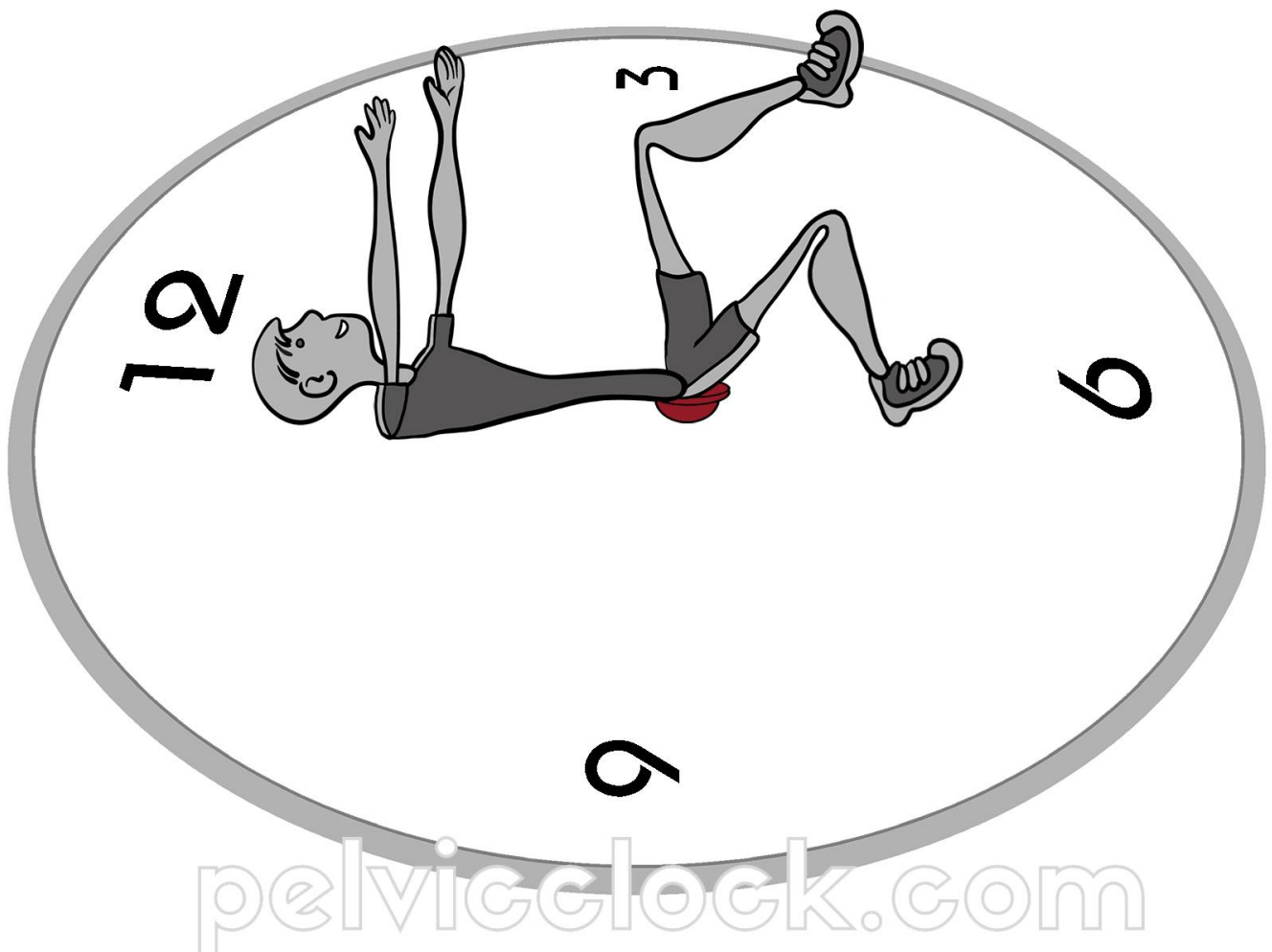
Stretch your arms up. Hands aligned with shoulders.

Lift the soles of your feet up and balance on your heels, keeping the flat surface of the device perfectly parallel to the floor.

Lift your right leg up and bend the right knee at a 90 degree angle. Take five deep breaths, as you balance in this position.

Lift your left leg up and bend the left knee at a 90 degree angle. Take five deep breaths, as you balance in this position.

Repeat 5 times.



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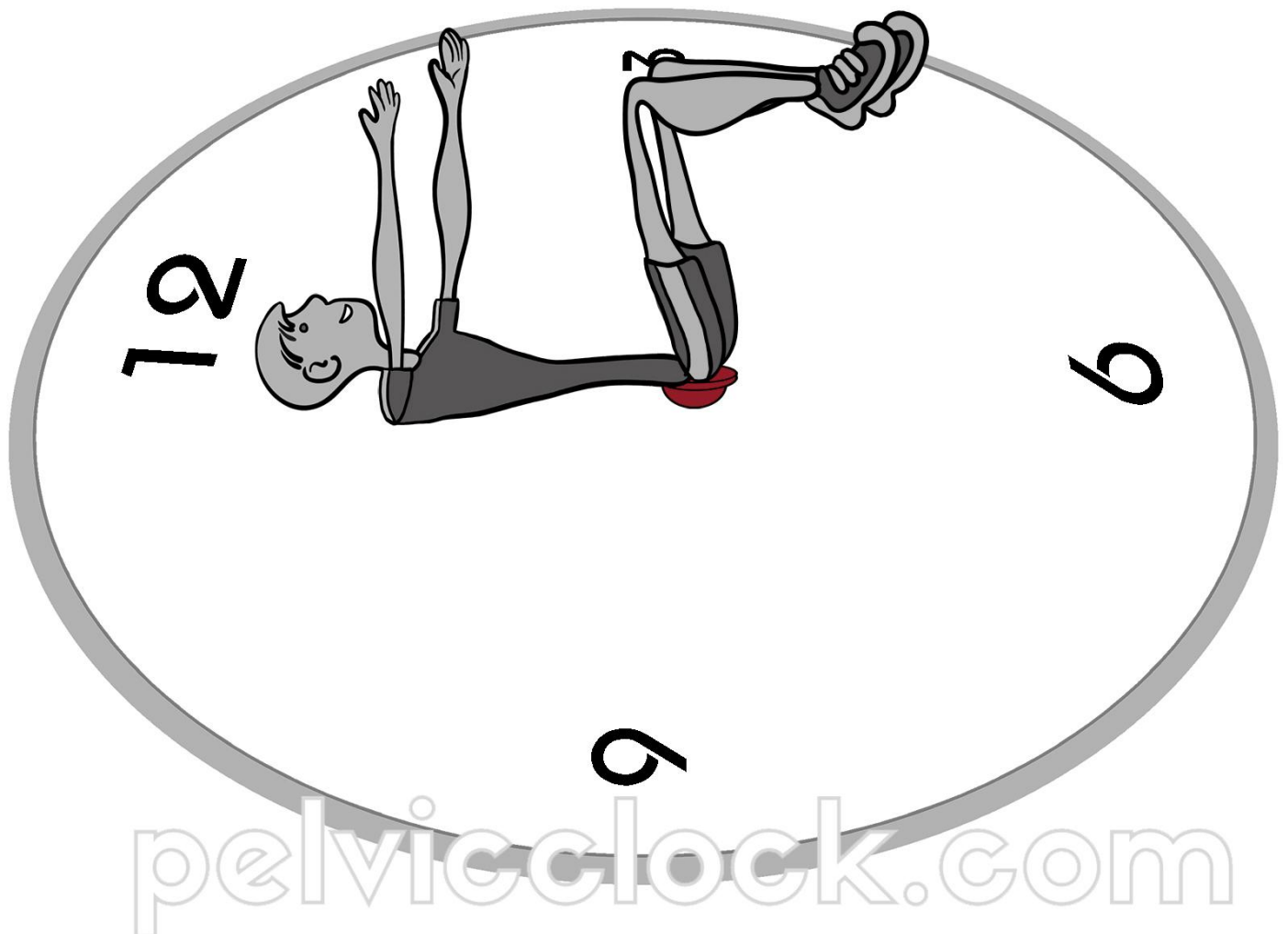
Dead Bug

Lift your legs up in the air with your knees bent at a 90 degree angle.

Stretch your arms upwards. Hands aligned with shoulders.

Take five deep breaths, as you balance in this position, keeping the flat surface of the device perfectly parallel to the floor.

Repeat 5 times.



Dead Bug Moving Legs

Lift your legs up in the air with your knees bent at a 90 degree angle.

Stretch your arms upwards. Hands aligned with shoulders. Balance in this position for a few seconds, keeping the flat surface of the device perfectly parallel to the floor.

Stretch your **right leg** forward toward the **6** o'clock marker. Keep the leg in the air parallel to the floor. Take five deep breaths, as you balance in this position.

Stretch your **left leg** forward toward the **6** o'clock marker. Keep the leg in the air parallel to the floor. Take five deep breaths, as you balance in this position.

Repeat 5 times.

