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Pelvic Correction Exercises

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According to Anthony Carey of Function First, a corrective [exercise](#) facility in San Diego, your pelvis plays a major role in your posture because its position affects how your spine and legs move and function. Your pelvis tilts in three directions: forward and back, rotation, and to the side. If any of the pelvis's positions is excessive, such as having too much forward tilt or rotation to the right, then the rest of the body will be off-balanced and injuries from improper movement can occur.

Hip Rotator Stretch

This exercise stretches and opens up the buttocks and deep hip muscles, and aligns the pelvis in relation to your spine.

Lay on the floor with both feet on a wall with your legs and feet about hip-width apart. Bend your legs and hips at 90 degrees and lay your arms out to the sides. Cross your left ankle over your right knee, and make sure that your hips do not rotate as you move. Push your left knee toward the wall gently, using your left hip muscles. Hold the position until you feel looser in the hip. Repeat on the other side.

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Supine Hip Rotation

This exercise lengthens your outer thigh and hip while keeping your torso stationary. You should feel a stretch from your lower back and down to your buttocks.

Lie on your back with your knees bent and cross your left ankle over your right knee. Place your arms to your sides with your palms facing down. Slowly push your left knee away from your body. Then slowly roll your hips to your right; try to put your left foot on the floor. Do not force yourself down if you cannot reach the floor. Keep your right knee bent the entire time and your shoulders on the ground. Hold the stretch until you feel looser. Repeat on the other side.

Kneeling Hip Flexor Stretch

Many people with back pain and hip pain often have tight hip flexors, which are a group of muscles and connective tissues that pulls the hips forward when you walk or climb stairs. By [stretching](#) the hip flexors and their surrounding muscles and tissues, you will also strengthen your buttocks and deep abdominal muscles and decrease the tension in the hip flexors.

Kneel with your right leg in front of your body with your left foot pointing forward. Place your left knee directly below your pelvis and left shoulder. Both legs and hip should be bent at 90 degrees. Raise your left arm, and tighten your left buttock, shifting your weight forward. Hold the position until you feel tension ease from your left hip flexor. Then, bend laterally to the right, with your left arm over your head, and place your right arm on your right knee for balance. Twist slowly to your left while maintaining the lean and hip position. Reverse the movement and repeat a few times, then do the exercise for the other hip.

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