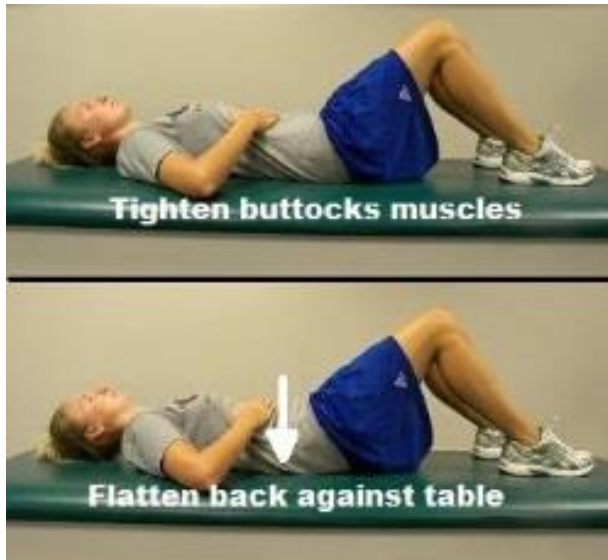


POSTERIOR PELVIC TILT



Lie on your back on a firm surface with knees comfortably bent (top picture). Then flatten back against the table while contracting abdominal muscles as if pulling belly button toward ribs (bottom picture). Hold for a count of five. Repeat 10-20 times.



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