

UNDULATION EXERCISES

For the Sacrum and Low Back

These exercises are designed to increase the strength and flexibility around your sacrum and low back.

They may feel good or perhaps stiff and awkward. **They should not hurt.** If a movement causes you pain, **STOP!** Back up and do the movement up to, but stop short of any pain. Try some variations. Move less, smaller or slower. Stay in your pain-free range.

As you practice, you will nourish the discs between your vertebrae. The movements will become easier as your spine becomes stronger and more flexible.

Be mindful of your breath and keep it steady throughout the exercises.

Pelvic Tilt Plus

_____ times per week _____ breaths each time



1. Lie on your back with your hands on your belly, and neck supported if necessary. Bend your knees so the soles of your feet rest firmly on the floor.

2. Tilt your pelvis by pressing your tailbone to the floor and up towards the back of your head. Feel the arch in your low back and let it continue on up your spine so your middle back and ribs lift slightly off the floor.

3. Release your pelvis back to neutral. Now bring your pubic bone up toward your chin, tilting your pelvis the other way. Let your low back, middle back, and chest drop into the floor.

4. Continue slowly; arch your back on your inhale and release it back into the floor on your exhale. Feel the movement progress further toward your neck with each breath.

5. Rest if you get tired. When you finish, take a minute to sense the connection between your hips and spine.

Compliments of:

Consult with your physician or physical therapist before attempting these exercises if you have any back problems.

Over for more exercises



Sacrum Equalizer

Don't be fooled by the subtle sensations of this powerful exercise for the sacrum.

_____ times per week, _____ minutes each time



1. Lie on your back with your knees bent and your feet on the floor. If your chin juts toward the ceiling, fold a small towel and place it under your head to improve the alignment of your neck.
2. In this exercise, it's important to have your hips, knees, and feet aligned. If you keep your knees and feet about four to six inches apart, they will be in line. Try not to let your knees fall in or out.
3. Push your right foot into the floor and feel the force of this travel up your leg and into your pelvis, until it nudges your spine. Release the pressure from your foot.
4. Repeat with your left foot and release; notice how the movement travels differently on this side.
5. Alternate pressing and releasing your feet like a cat kneading its paws. Relax your upper body with the intention to feel the motion travel up your torso all the way through your neck.
6. The movement will stop in the places where you hold tension. When you notice these points, just be aware of the limitation and encourage more movement by letting go.
7. The effect will be different if you use only the ball of your foot or the heel. Try each. Usually it's most effective when you evenly press through your entire foot.



Tailbone Penmanship to Mobilize the Low Back

1. Get on your hands and knees, with your hands directly under your shoulders and your knees directly under your hip joints. (This can also be done while sitting on an exercise ball.)
2. Warm up your body for a minute. Move your hips, back, and shoulders.
3. Pretend your tailbone is a laser pointer that sends a beam of bright light to the floor between your ankles. Draw a cursive letter "a" with your laser pointer. Take your time and try to smooth out the curves.

Go through the alphabet. Try to initiate most of the movement from your pelvis, rather than your legs, so your hips swivel on your thigh bones and nudge your spine from side to side.

Coordinate the movement of your tail and spine to create more flexibility in your low back.

*If you like these exercises, you can find more in the book
Relieve Stiffness and Feel Young Again with Undulation by Anita Boser
available at www.undulationexercise.com.*