



CENTER FOR
BRAIN & SPINE

Amin Amini MD, MSc, FAANS

Phone: 301.585.7900

Fax: 240.766.8088

www.centerbrainspine.com

1300 Spring St. # 210, Silver Spring, MD 20910

9905 Medical Ctr. Dr. #300 Rockville, MD 20850

2900 Mercy Ln. 2nd Floor, Cheverly, MD 20785

Lumbar Stretches

Anterior and Posterior Pelvic Tilt

1. Stand with your back flat against a wall. Keep a space between the wall and your low back, as well as your neck.
2. Inhale while in the neutral position.
3. When you exhale, your abdomen should come toward your back and squeeze your abdominal muscles and your buttocks. An effective pelvic tilt will utilize this leverage when your abdomen pulls in. Continue pulling your abdomen in and allow the bottom of your pelvis to tilt forward. This will result in your low back gently stretching and reaching or actually touching the wall. Do not lift your hips away from the wall or let your tailbone lift off of the wall.
4. Inhale to come back to the neutral position.
5. When you exhale, tilt your pelvis backwards in the opposite direction creating a slight arch or bend in your low back, increasing the space between your low back and the wall. Do not lift your hips away from the wall or let your tailbone lift off of the wall.
6. Inhale to come back to the neutral position.
7. Repeat this 10 times.

