

# PELVIC STABILIZATION EXERCISES

**THE FOLLOWING EXERCISES SHOULD BE DONE 30 TIMES PER DAY OR AS DIRECTED BY YOUR THERAPIST.**

## PELVIC BRIDGE

- 1. Lie on your back, press your elbows into the surface as you raise your hips up in the air as far as you can. Hold for ten seconds**
- 2. Repeat 10 times and do this 3 times per day.**
- 3. If cramping occurs in the hamstrings, put towel / sheet / belt around your legs and press your legs into the sheet as you lift your hips.**

