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Anterior Pelvic Tilt Exercises

9 exercises that stretch tight muscles and strengthen weak ones to help improve pelvic and low back alignment

Pelvic-Tilt

Anterior pelvic tilt means the pelvis tips forward, so the low back curves more than usual and the belly may look pushed forward. It adds load to the low back and may be linked to back pain or a feeling of imbalance in the hips.

Precautions

- Stop right away if an exercise causes pain.
- Keep your abdominal muscles lightly engaged so your low back doesn't overarch.
- Don't push too hard — adjust reps and hold times to your fitness level.
- If you are pregnant, check with your provider first, especially for the exercises done lying on your back (#1, #4, #5).

How often & everyday posture tips

- Do these once a day, at least 3–5 days a week.
- When sitting for a long time, get up and move gently every 30–60 minutes.
- Stand with your weight evenly on both legs and your back tall.
- Every hour, take 1–2 minutes to gently move and loosen your hips and low back.
- When sleeping on your side, put a pillow between your knees; on your back, put one under your knees.



1 Posterior Pelvic Tilt

1. Lie on your back with knees bent and feet hip-width apart.
2. Tighten your lower belly and tilt your pelvis back to flatten the gap between your low back and the floor.
3. Hold 5 seconds, then slowly relax.

Hold 5 sec · 10 reps · 1–2 sets



2 Hip Flexor Stretch

1. Kneel on one knee with the other foot in front.
2. Tilt your pelvis slightly back and gently shift your hips forward to stretch the front of the hip.
3. Feel the stretch at the front of the hip on the kneeling side.
4. Don't let your low back overarch.
5. If your knee hurts, put a towel or cushion under it.

Hold 20–30 sec · 2 reps each side



3 Rectus Femoris Stretch

1. Kneel on one knee and hold the ankle on the same side.
2. Draw your heel toward your buttock to stretch the front of the thigh.
3. Tighten your belly so your pelvis doesn't tip forward (no arching).
4. If your knee hurts or you can't reach your ankle, loop a towel around it and pull gently.

Hold 20–30 sec · 2 reps each side



4 Glute Bridge

1. Lie on your back with knees bent and feet hip-width apart.
2. Squeeze your buttocks and slowly lift your hips until your pelvis and back form a straight line.
3. At the top, don't arch your low back — hold with your glutes.
4. Hold 2–3 seconds, then slowly lower.

10–15 reps · 2–3 sets



5 Dead Bug

1. Lie on your back with arms reaching to the ceiling and knees bent to 90°.
2. Slowly lower the opposite arm and leg toward the floor at the same time.
3. Keep your belly engaged so your low back doesn't lift off the floor.

10 reps each side · 2–3 sets



6 Bird Dog

1. Start on hands and knees, then reach out the opposite arm and leg.
2. Engage your belly so your low back doesn't sway.
3. Slowly return to the start position.

10 reps each side · 2–3 sets

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7 Single Knee to Chest

1. Lie on your back and pull one knee toward your chest.
2. Feel a gentle stretch in your low back and buttock.
3. Repeat on the other side.

Hold 20–30 sec · 2 reps each side



8 Plank

1. Place your elbows under your shoulders, tuck your toes, and keep your body in a straight line.
2. Don't let your hips rise too high or sag.
3. Keep breathing normally.

Start at 10–20 sec, build to 20–40 sec · 2–3 sets



9 Wall Squat

1. Lean your back against a wall and bend your knees to a comfortable depth (up to 90°).
2. Don't let your knees move past your toes.
3. Keeping your low back and upper back on the wall, slowly slide down and back up.

10–15 reps · 2–3 sets

Get medical care if you notice:

- Numbness, tingling, or weakness going down the leg that keeps getting worse
- Trouble controlling bladder or bowels, or numbness around the buttocks or groin (go to the ER right away)
- Fever, unexplained weight loss, or pain at night that doesn't ease with rest
- Back pain that started after a fall or accident

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These are simple, comfortable exercises for everyday home use, based on materials from respected medical organizations. For exercises tailored to your symptoms, talk with your healthcare provider. This material does not replace an individual medical evaluation.

Sources: JOSPT Low Back Pain Clinical Practice Guideline (2021); Mayo Clinic – Back exercises in 15 minutes a day. These organizations have not reviewed or endorsed this material. Illustrations created with AI.