

exercises to be carried out only under the instruction of your chiropractor

*You might find a mirror useful.*



- A** Stand with your feet shoulder distance apart, knees slightly bent, hands on hips and look straight ahead.



- B** Tilt pelvis forwards and backwards as far as possible, and find the midpoint between the two. This is your pelvic neutral and the position in which you can begin your co-contraction exercise.



- D** Pull the tummy in, contracting the muscles, scooping up the navel. Contract your lumbar muscles either side of the spine at the base of your back. Place your fingers on this area to feel the muscles swelling. Hold contraction for 10-15 seconds remembering to breath normally.

*Repeat 10-15 times, 2 times a day.*