

# Pelvic Tilt

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## General Back Exercise

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- Lie on your back
- Bend your knees at a 90-degree angle
- Don't press your neck or lower back to the floor
- Breathe deeply
- You should be comfortable and relaxed in this position
- Tighten your buttocks and stomach muscles
- Slowly push your lower back downward
- Hold your back in this position for five seconds
- Slowly return to normal, and relax
- Do this 5 times