

Patty's PT Tips

Patty's PT Tips

November 30, 2022

Pelvis, Posture and Prevention

Today's Major Concepts

Pelvic Girdle and Lumbar Spine Mobility

Pelvis and Trunk Strength

Pelvis, Posture and Spasticity

Pelvis in Sitting and Standing

Pain/strain prevention

Postural Props

Furniture and Assistive device choices

Review of postural mobility Exercises

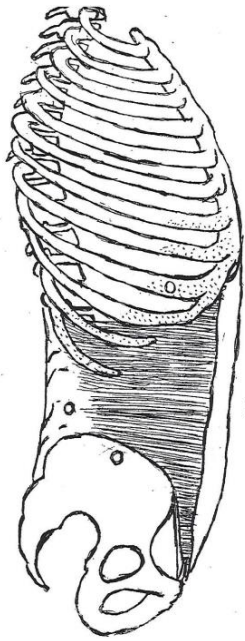
Anterior/Posterior Pelvic Tilts

Side to Side Pelvic Tilts (Hip Hikes)

Pelvic Clocks

Alternating Pelvic Tilts with Hip Hikes

Stable pelvis with side bending through trunk and reaching like a ballet dancer



Sitting/Standing Exercises for Pain Prevention

Photo of discs and Transversus Abdominis

Diagram of Spinal Loading

Photos of supported sitting props-lumbar support, "butt lift", Pillow on lap, Sacral wedge

20/20 Rule: Work 20 minutes, **Relax** 20 seconds-Allow time for your muscles and tissues to relax and recover. Use a timer at first to get in the habit.

"Relaxing" can include standing up, squatting, reaching forward to shins or knees in sitting, pelvic mobility exercises, **BREATHING!**

