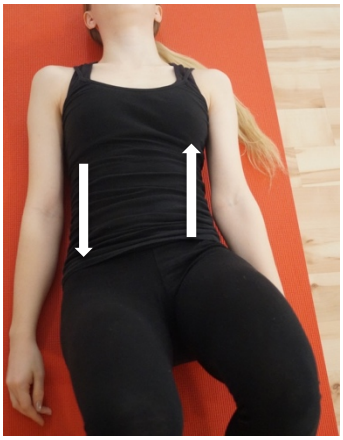
PELVIC TILTS, HULA HIPS & SALSA TWISTS

Pelvic Tilts
Instructions: Breathing normally:
1. Alternate between gently imprinting the lower back flat on the floor and arching the lower back off the floor. Attempt to keep the ribs still during the movement.

Hula Hips
Instructions: Breathing normally:
1. Alternate between gliding right hip towards your shoulder (left hip away from shoulder) and left hip towards your shoulder (right hip away from shoulder)

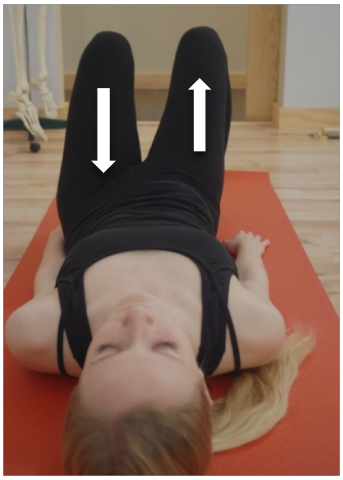
**You may perform this motion in neutral pelvis or posterior pelvic tilt

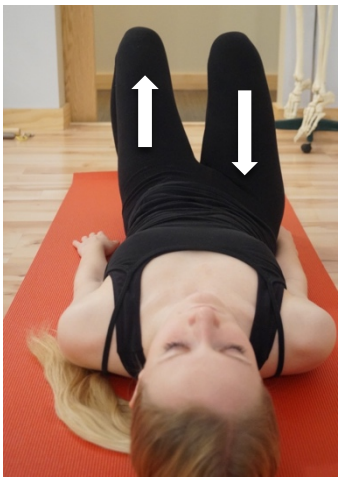


Combination Movements for Spine Mobilization: Hula Hips
Instructions: Breathing normally:
1. Perform hula hips motion. Notice which direction is easier and which side is stiffer. Hold the hula position that is easier.
2. Perform pelvic tilts (~5-10 reps) while maintaining the easier hula motion.
3. Perform hula hips motion alternating between sides again. The stiffer side should have improved motion.
4. Repeat until desired flexibility is achieved.

Salsa Twists
Instructions: Breathing normally:
1. Pull back the left thigh, the right knee will look higher than the left. The right hip will lift slightly off the floor.
2. Reverse and continue to alternate.

**You may perform this motion in neutral pelvis or posterior pelvic tilt





Combination Movements for Spine Mobilization: Salsa Twists
Instructions: Breathing normally:
1. Perform salsa twist motion. Notice which direction is easier and which side is stiffer. Hold the salsa twist position that is easier.
2. Perform pelvic tilts (~5-10 reps) while maintaining the easier salsa twist motion.
3. Perform salsa twists motion alternating between sides again. The stiffer side should have improved motion.
4. Repeat until desired flexibility is achieved.