

# Lumbo-Pelvic Mobility Exercises



**Neutral Spine**



**Side to Side**

Rocking pelvis from side to side (3 o'clock to 9 o'clock)



**Bouncing**



**Forward to Back**

Rocking pelvis from front to back (12 o'clock to 6 o'clock)



**Pelvic Clock**

Rocking pelvis from front to side to back to side  
(rotating around the clock)