

## Posterior Pelvis Rotation

Posterior Pelvis Rotation is the exact opposite of Anterior Pelvis Rotation. In this postural defect, the lumbar curve is diminished and causes your back to be flatter than normal. This changes the structure and biomechanics of your spine and causes back pain.

### Weak muscles

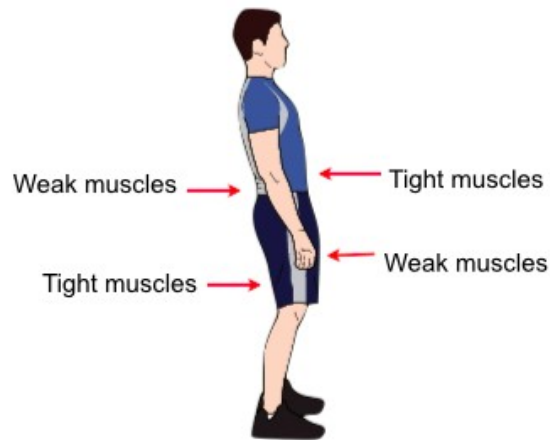
Hip flexors  
Low back muscles

### Tight muscles

Hamstrings  
Glutes  
Abdominals



Normal Posture



Posterior Pelvis Rotation

### Solution

To correct this postural defect, you have to stretch the tight muscles and strengthen the weak muscles to create muscular balance.

The next page will explain how to analyze your posture to see if you fall into this category.

## **Analysis: Posterior Pelvis Rotation**

Follow the steps to below to see if you fall into this category

1. Take a picture from the side in your underwear
2. Using a pencil, place 4 dots in the following places
  1. Earhole
  2. Center of your shoulder
  3. Center of your hips
  4. Center of your knee
3. Connect the dots with a straight line just like the picture below
4. Does your picture look like the one below?
5. If it does, continue to the next page where you will perform muscle tests to confirm your postural defect. If it doesn't, continue to the next category.



Normal Posture



Posterior Pelvis Rotation

In a normal posture, all 4 dots connect in a straight vertical line. In a person suffering from Posterior Pelvis Rotation, the dot on the center of the hips falls in front of the dot on the shoulder and does not form a straight vertical line.

## **Muscle Tests: Posterior Pelvis Rotation**

To confirm if you have muscular tightness/weakness based on this postural defect, perform the muscle tests shown in the pictures below. If you have difficulty performing these tests, this means the muscles being tested are contributing to your bad posture and your back pain.

### **Weak muscles**

Hip flexors  
Low back muscles

### **Tight muscles**

Hamstrings  
Glutes  
Abdominals

### **Hamstrings test**



Start in a seated position with your legs in front of you. Lean forward and try to touch your toes with your hands. Hold this position for 15 seconds. If you can't perform this test or feel too much tension in your hamstrings, this means your hamstrings are too tight and contributing to your back pain.

### **Glutes test**



Start on your back. Using your arms, grab your left knee and pull it at an angle towards your right shoulder. Hold this position for 15 seconds. Repeat with your right knee pulling it towards your left shoulder. If you can't perform this test or feel too much tension in your buttocks, this means your glutes are too tight and contributing to your back pain.

### Abdominals test



Start on your stomach. Using your arms, lift your body from the waist up and hold this position for 10 seconds. If you can't perform this test or feel too much tension in your abdominal area, this means your abdominals are too tight and contributing to your back pain.

### Low back test



Start on your stomach with your arms in front of you. Using the muscles in your lower back, lift your arms and chest off the floor and hold this position for 10 seconds. If you can't perform this test or feel too much pain in the lower back, this means your lower back muscles are weak and contributing to your back pain.

## **Exercise Plan: Posterior Pelvis Rotation**

As stated previously, in order to eliminate the back pain caused by a Posterior Pelvis Rotation, you must stretch the tight muscles and strengthen the weak muscles to create muscular balance.

### **Weak muscles**

Hip flexors  
Low back muscles

### **Tight muscles**

Hamstrings  
Glutes  
Abdominals

These are the prescribed exercises to stretch the tight muscles seen with Posterior Pelvis Rotation.

<b>Exercises</b>	<b>Sets</b>	<b>Repetitions</b>
Cobra (13)	4	10
Figure 4 (14)	4	10
Toe touch (15)	4	10
Knee to shoulder (16)	4	10

These are the prescribed exercises to strengthen the weak muscles seen with Posterior Pelvis Rotation.

<b>Exercises</b>	<b>Sets</b>	<b>Repetitions</b>
Superman (17)	4	10
Bird dog (18)	4	10
Leg extensions (19)	4	10
Lunges (20)	4	10
Step ups (21)	4	10

For pictures and descriptions of the exercises on this page, go to the *Exercise Guide* section of this book (Page 42). The numbers in parenthesis next to each exercise corresponds to the exercise number in the Exercise Guide.