

SPINE EXERCISES

LUMBOPELVIC STABILIZATION EXERCISES

PELVIC FLOOR TILTS IN SUPINE POSITION



Anterior and posterior pelvic tilts in supine position to achieve a neutral pelvic alignment and improve pelvic awareness.

Lie on your back with arms resting alongside the body and knees bent, feet flat on the floor. Inhale and exhale slowly while tightening the abdominal muscles and flattening the lower back against the floor. Hold for 5 seconds.

Perform:

- 10 to 15 slow repetitions.
- 2 to 3 sets.

Goals:

- Improve lumbopelvic control and awareness.
- Activate CORE and pelvic floor muscles.
- Promote lumbar stability and correct postural alignment.

CAT-CAMEL STRETCH EXERCISE



Lumbar flexion and extension in quadruped position to achieve a neutral pelvic alignment and enhance pelvic awareness.

Quadruped position, trunk and neck aligned. Extend the neck and arch the spine downward. Hold for 10 seconds. Then flex the neck forward, lowering the head and rounding the back upward.

Perform:

- 10 to 15 slow repetitions.
- 2 to 3 sets.

Goals:

- Improve spinal mobility and flexibility.
- Reduce lumbar and dorsal stiffness.
- Enhance breathing coordination and postural control.

PELVIC ROCKING EXERCISE ON CHAIR



Series of anterior and posterior pelvic tilts while sitting to achieve neutral pelvic alignment and improve pelvic control awareness.

Perform:

- 10 to 15 slow repetitions.
- 2 to 3 sets.

Goals:

- Improve lumbopelvic control and mobility.
- Promote an active and healthy sitting posture.
- Gently activate the deep CORE muscles.

STANDING PELVIC ROCKING EXERCISE



Anterior and posterior pelvic rocking while standing to achieve neutral alignment and improve pelvic control awareness.

Stand with feet hip-width apart and knees slightly bent. Inhale and gently move the pelvis forward into a small lumbar extension. Exhale and tilt the pelvis backward, engaging the abdominal muscles. Keep the trunk relaxed and move slowly and smoothly.

Perform:

- 10 to 15 slow repetitions.
- 2 to 3 sets.

Goals:

- Improve pelvic mobility and control.
- Activate CORE and lumbar stabilizing muscles.
- Promote balanced posture and prevent lower back discomfort.

CORE STABILIZATION EXERCISES

To enhance core stabilization, the key intervention is activation of muscles such as the transversus abdominis, multifidus, diaphragm, and pelvic floor. These muscles are essential for stabilizing the abdomen and lumbar spine, facilitating limb and spinal movements.

QUADRUPED ARM-LEG RAISE EXERCISE



Quadruped position. Keep the back straight and neck aligned. Inhale and exhale as you lift one arm and the opposite leg. Hold for 5 seconds. Return and repeat on the other side.

Perform:

- 10 repetitions.
- 1 set daily.

Goals:

- Strengthen CORE, gluteus maximus and medius, hamstrings, and spinal extensors.
- Improve coordination and balance.
- Encourage cross-body activation.

ABDOMINAL PLANK EXERCISE



Lie face down, supporting your body with forearms and toes. Align your body from head to heels, avoiding arching the back. Engage your abs and glutes, keeping your neck relaxed. Hold for 20–40 seconds (beginner) or up to 1 minute (advanced).

Perform:

- 2–3 sets.

Goals:

- Strengthen CORE and stabilize lumbopelvic area.
- Improve posture and body balance.
- Increase muscular endurance and prevent lower back injuries.

DEAD BUG EXERCISE



Lie on your back with legs raised and knees bent at 90°, arms extended toward the ceiling. Inhale keeping your lower back pressed to the floor. Exhale as you extend one leg toward the floor and the opposite arm backward. Return to the starting position and alternate sides.

Perform:

- 10 to 12 reps per side.
- 2–3 sets.

Goals:

- Strengthen deep CORE muscles.
- Improve lumbopelvic control and pelvic stability.
- Increase coordination and body awareness.

LATERAL PLANK EXERCISE



Lie on your side with legs extended and feet together. Support your lower forearm on the floor with elbow aligned under the shoulder. Lift your hips forming a straight line from feet to shoulders. Hold for 20–40 seconds (beginner) or up to 1 minute (advanced). Switch sides and repeat.

Perform:

- 2 to 3 sets per side.

Goals:

- Strengthen obliques and lateral CORE.
- Improve hip and spine stability.
- Promote balanced posture and prevent lumbar injuries.

ABDOMINAL PLANK WITH LEG EXTENSION



Get into a plank position on forearms and toes, keeping your body aligned from head to heels. Engage abs and glutes to stabilize the pelvis. Slowly lift one leg backward without arching your back. Lower it in a controlled way and repeat with the other leg.

Perform:

- 10 to 12 reps per leg.
- 2–3 sets.

Goals:

- Strengthen CORE, glutes, and lumbar area.
- Improve pelvic stability and postural control.
- Increase coordination and muscular endurance.

[Book an Appointment with Dr. Jordi Jiménez](#). He will see you at the Palma de Mallorca center and help you restore your quality of life.