

Pelvic Symmetry Sequence

adapted from Cecile Röst, PT
and Dr. Sinead Dufour, PT, PhD



1. Reclined Butterfly

Lie on back, knees bent, soles of feet together. Use support to find comfort. Notice any pain, stretch, or asymmetry.



2. Butterfly Lift

Push outside edge of feet into floor. Exhale - lift pelvis. Inhale - lower pelvis. Repeat this 3 times.

Do not lift if there is pain - instead simply engage lift muscles on each exhale.



3. Knee Press

Press knees in towards each other on the exhale. Relax the press on the inhale. Optional slight side to side rock.

Repeat 3 times.



4. Bridge

With feet hip distance apart and under knees, lift into bridge on exhale. Lower on inhale.

Repeat 3 times. Repeat full sequence 3-4 times