

PELVIC FLOOR EXERCISES



LOWER TRUNK ROTATIONS/ WINDSHIELD WIPERS

DIFFICULTY: EASY - ALL FITNESS LEVELS

TYPE: RANGE OF MOTION

GOAL: ENHANCE RANGE OF MOTION

PROCEDURE

1. Lie on your back with your knees comfortably bent and your feet on the floor.
2. Gently rotate your pelvis and spine as you move your knees to drop on one side.
3. Hold five seconds.
4. Reverse directions and move your knees to drop on the other side.
5. Hold five seconds.
6. Repeat 10 times as you move through a comfortable range of motion.
7. Complete 1 set once a day.



There's no shame in being
human