

ROCK THE CRADLE LL02

Yoga = Childs Pose

Medical = Lumbar Extension

DIRECTIONS

Stand tall on the knees in Camel Pose, bend at the pelvis cradle keeping the torso completely erect. Touch forehead softly to carpet in Child Pose. Let the power assistance bring you back to the initial position of Camel Pose. Repeat 10+ times or perform for 1 minute.

IMAGERY

The Baby is still gently rocking in sleep. Continue your Good Morning massage with a gentle rocking melody that your body makes while enjoying Childs Pose.

BENEFITS

ROCK THE CRADLES complement GOOD MORNINGS by helping to firm your lower abdominal muscles. Doing a "Good Morning" on your knees causes the main load to shift from the hamstrings to the lower part of the rectus abdominis. Balance between the front abs and low back lumbar muscles is achieved.

NOTES

Pelvic rocks, also known as pelvic tilts, are an exercise many healthcare professionals recommend for an expectant mother who is experiencing low back pain. Pelvic tilts are great for toning muscles and ligaments that support internal organs. Plus, they are great for easing tension, correcting your posture, and improving circulation.

The hip flexors, glutes, hamstrings, lower back and abdominals are the main muscles affected in the pelvic tilt.

Individuals whose pelvis tilts either forwards or backwards are more likely to experience low back pain due to excessive pressure and muscle imbalances created by a non-neutral pelvis. Pelvic tilt plays a major role in whether one experiences low back pain. When the pelvis is aligned in a neutral position weight is distributed and balanced evenly upon the vertebrae and discs of the lower spine. As a result, injury is less likely. If the pelvis is tilted forward or backwards, the spine is placed in a mechanically disadvantaged position.