

## Supine Marching for SI Stability

This exercise is to help stabilize your lower back. Initially, do them by consciously activating the involved muscles. Eventually, this core activation will become automatic.

Lie on your back, on a firm surface, (its more difficult on a softer surface).

Have both knees bent, feet on the floor. Keep your legs apart by at least 6 inches.

Monitor the level of your pelvis with your fingers on the ASISs, front hip bones.

The goal, to make sure the ASISs stay level, that they don't move.

You may want to use a pressure stabilizer to help monitor your motion..

Lift the **\_\_left \_\_right** foot a couple inches off the floor.

Observe what happens to the front hip bones on the side you are lifting. Does your ASIS move or drop down a bit, especially at the moment that you begin to lift? If so, you need to strengthen your stabilizers.

Strategies for strengthening and stabilizing

You want your abdomen to work, you want your back to work,

And, you want your back to stay still, not extending or flexing

\_\_\_1- You can activate the whole core, with focus on the back muscles activating

\_\_\_2- Slightly tip your pelvis toward 6 O'clock, tip of tailbone toward floor, activating just the little spinal muscles, not the bigger lateral muscles.

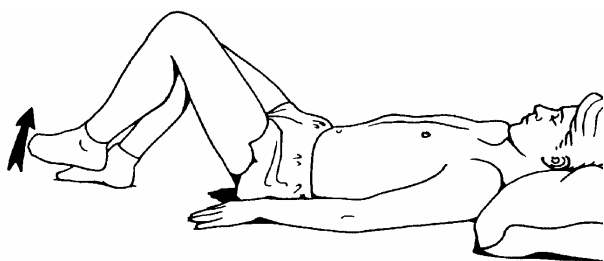
\_\_\_3- Brace by using the ground. Push the **\_\_ R \_\_ L** foot into the floor

\_\_\_4- Imagine bringing the **\_\_R \_\_L** PSIS (back pelvic bone) toward the middle of the spine. Think of "wrapping" around the back. This is isometric

\_\_\_5- You may need to activate your abdomen, imagine your **\_\_L \_\_R** hip bone wrapping around the front, toward the belly button. This is isometric.

Use the strategies that are checked, keep breathing, don't be rigid.

The goal- lifting the leg, while keeping the pelvis stable, the pelvic does not drop or move as you lift the leg. Repeat 5-10 times, at least 2X per day for starter



Basic position, lying flat, lift one leg up



More challenging, first bridge up, either the half bridge as pictured, or a full bridge. Then lift one leg up.