

## Abdominal Drawing In Maneuver



### Abdominal Drawing In / Pelvic Tilt

This exercise helps to strengthen the muscles of the lower back and abdomen.

To begin this exercise, lay on your back with your knees bent and your feet flat on the floor. Inhale and then slowly exhale while you draw in your abdominal muscles and push your belly button towards the floor to flatten your lower back as much as possible. Hold this position for 5 seconds. Aim for 3 sets of 10 repetitions for this exercise.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

Dr. Ralph has also put together a home care kit that includes a small foam roller, balance disc, and bands that we are offering at our cost of \$30.00 and at this time we are offering no contact drop off service for the kit.

**Please feel free to call 770.565.8151 if you have any questions about this exercise or our home care kit.**