

## *GROUNDING*

### **Exercise Focus**

- Inner unit connection
- Pelvic Stabilization in Neutral Pelvis
- Body Awareness

### **Preparation**

- Supine, arms at side, pressing on floor with lats engaged
- Legs bent in parallel, ball or 6 inch towel roll feet flat on the floor
- Plant the feet into the mat. Drawing the heels towards the SITS bones

### **Sequence**

- Squeeze into a ball between the knees.
- Draw the pelvic floor up-connect to anterior pelvic floor, first then engage the whole floor.
- Gently draw the SITS bones together
- Draw the navel to the spine and wrap it around to the back engaging the multifidi.
- Keep the T-point planted.
- Draw the scapula downward toward the hips. Lengthen the neck.

### **Monitor**

- Posterior pelvic tilting
- Rib flaring
- Excessive gluteal activation

### **Variations**

- None for pregnancy

