Pelvic Symmetry Sequence
adapted from Cecile Röst, PT
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1. Reclined Butterfly
Lie on back, knees bent, soles of feet together. Use support to find comfort. Notice any pain, stretch, or asymmetry.

2. Butterfly Lift
Push outside edge of feet into floor. Exhale - lift pelvis. Inhale - lower pelvis. Repeat this 3 times. Do not lift if there is pain - instead simply engage lift muscles on each exhale.

3. Knee Press
Press knees in towards each other on the exhale. Relax the press on the inhale. Optional slight side to side rock. Repeat 3 times.

4. Bridge
With feet hip distance apart and under knees, lift into bridge on exhale. Lower on inhale. Repeat 3 times. Repeat full sequence 3-4 times