

Preparatory exercises

# Pelvic Circumductions<sup>1</sup>

**Starting Position:** standing upright with your feet parallel and hip distance apart.

Start by making small circles with your hips and then increase them gradually. When you are at the maximum possible circumference, begin reducing the circles until the original position is reached.

Repeat the movement in the opposite direction.



**Contraindications:** none.

**Benefits:** improves flexibility of the hips and enhances perception of the barycentre.

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<sup>1</sup> Conical movement of a body part.