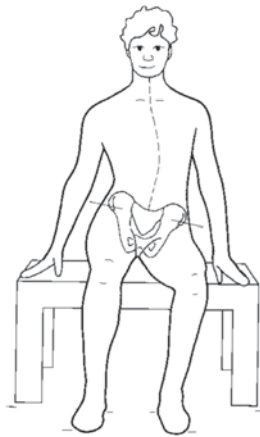


C Pelvis Tilted to the Side (Lateral Pelvic Tilt)



Lateral pelvic tilt

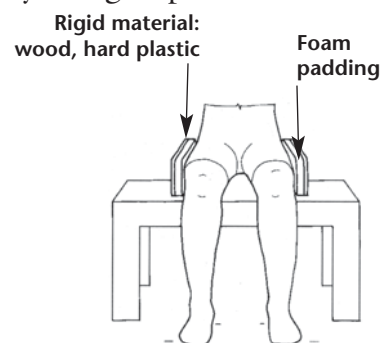
FLEXIBLE

If the pelvis is flexible at the low back (lumbar spine), postural supports on the sides of the pelvis (lateral pelvic supports) may prevent the pelvis from tilting to the side. Let your hands help guide you as to the location and amount of support necessary.

- **How close are your hands** to the sides of the pelvis and thighs?
- **What is the least amount of postural support** needed? A full hand contacting the whole side of the hip or only a fingertip?

Possible Pelvic Support Options^{1,37}

1. **Lateral pelvic supports (blocks):** If the person requires a lot of support and stability, use blocks on both sides of the pelvis to stabilize the pelvis. The size and shape of the sides of the pelvis and hips will determine the height and shape of the blocks. The closer the blocks are to the sides of the hips, the more stability they will provide.
2. **Gentle contours** from the seat cushion can be used if the person requires only a small amount of support to prevent tilting to the side.



Lateral pelvic supports



Gentle contours

Note: Some people need postural support that allows for movement and weight shifting. Other people need a lot of support limiting excessive movement and muscular activity.