

FINDING NEUTRAL

Pelvic Area

In Pilates there are often two main positions for the lumbar spine and pelvic region: neutral and imprinted positions.

You need to be clear when you require neutral and when you require imprinted. Remember that there will be times when you might be moving through both positions e.g. spinal articulation.

Neutral Pelvic Position

Neutral position is the most natural position from an anatomical point of view; therefore, it is usually the ideal position for us to be in, not only in Pilates class but also in our daily life.

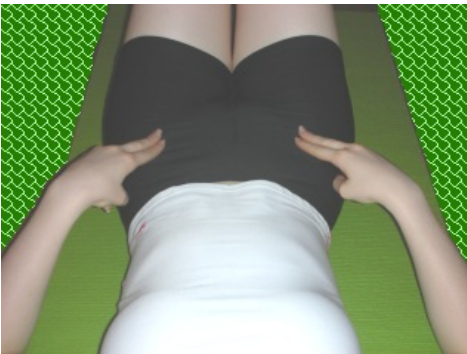
When a person lies supine on the floor in neutral position often you will see a slight curve (gap) in the low back, this is normal. Naturally, anatomically, we have a slight curve in the lumbar region.

Imprinted Pelvic Position

This position is generally used for certain body types and can be used (usually with beginners) to ensure stability of the pelvis and lumbar spine region if neutral position cannot be maintained.

Often when you see a person lying down in imprinted position you do not see a space between their lumbar region and the floor. It is important to note that the low back is not jammed into the floor; rather it is lengthened almost parallel to the floor.

How to Find Neutral Pelvic Position for Pilates



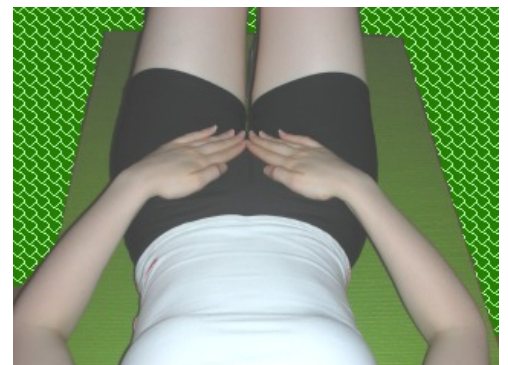
1. Find your ASIS (Anterior Superior Iliac Spine.) These are the front corners of your hip bones. The picture above illustrates two fingers on top of each ASIS.

2. Place the heels of your hands on your ASIS.

3. Place your fingertips as shown, keeping palms over your ASIS. Your fingers should meet directly over your pubic bone.

4. Make your hands level. You don't want your fingertips (pubic bone) higher than the heels of your hands (ASIS) - or vice versa.

5. Neutral Pelvis. Once your hands are level, which means your ASIS and pubic bone are also level, you have a neutral pelvis.





You can use the imagery of a drop of water resting in the centre of this 'magic triangle' – or a marble – or a Malteser. Use imagery of rolling the marble around when you do pelvic clocks.

This is a side view of a neutral pelvis. You can see this person's slight space in the lumbar region. It is important to note that every person's lumbar space will likely be different since neutral will usually be determined by the ASIS and pubic bone rather than the lumbar space itself.

How to Find Imprinted Pelvic Position for Pilates



From a neutral position simply imagine the space between the ASIS and lowest rib shortening in distance. This movement is not huge. The lower back will lengthen along the mat, not press forcefully into the mat.

This picture is a side view of an imprinted position. As you can see, this person's lumbar space is no longer present.