

EXERCISE 4.1 Quadruped Single Arm Raise

From the hands and knees position, maintain the neutral spine position and the co-contraction maneuver. Be sure to keep a normal curve in your lower back and keep your head aligned with the rest of your body (figure 1). Avoid letting your chin poke out toward the floor.

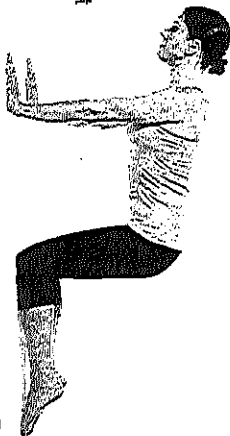


Figure 1

From this position, raise your left arm out in front of you (figure 2). Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.



Figure 2

Return your arm to the floor and repeat with the right arm.

Repeat _____ times on each side.

EXERCISE 4.2 Quadruped Single Leg Raise

From the hands and knees position, maintain the neutral spine position and the co-contraction maneuver. Be sure to keep a normal curve in your lower back and keep your head aligned with the rest of your body (figure 1). Avoid letting your chin poke out toward the floor.

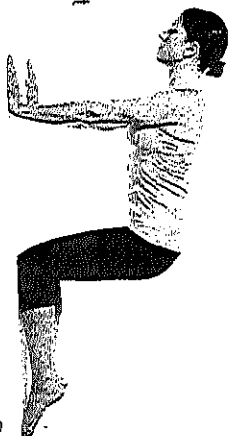


Figure 1

From this position, extend your left leg behind you (figure 2). Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

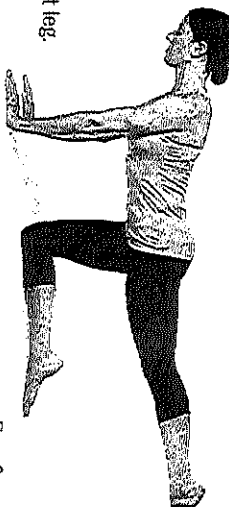


Figure 2

Return your leg to the floor and repeat with the right leg.

Repeat _____ times on each side.

Imagine a cup of coffee on your back, don't spill it!

EXERCISE 4.3 Quadruped Cross-Crawl

From the hands and knees position, maintain the neutral spine position and the co-contraction maneuver. Be sure to keep a normal curve in your lower back and keep your head aligned with the rest of your body (figure 1). Avoid letting your chin poke out toward the floor.

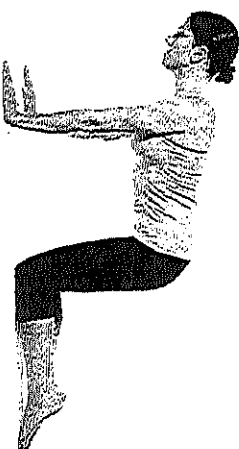


Figure 1

From this position, raise your right arm out in front of you while, at the same time, you extend your left leg behind you (figure 2). Be sure to maintain the neutral spine position and the co-contraction maneuver while you do this.

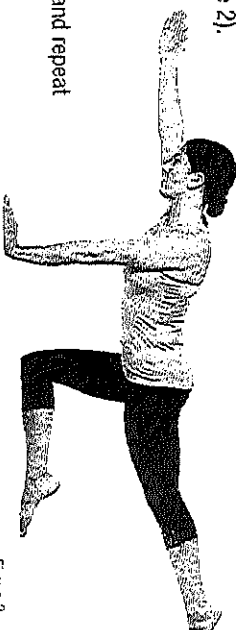


Figure 2

Return your arm and leg to the floor and repeat with the left arm and right leg.

Repeat _____ times on each side.

EXERCISE 4.4 Plank

From the hands and knees position, maintain the neutral spine position and the co-contraction maneuver.



Figure 1

Lower yourself onto your forearms and straighten your knees so you move your base of support to your forearms and feet (figure 1). Hold this position until you feel you are losing the neutral spine position and/or the co-contraction maneuver.

Gradually build up to the point at which you can hold the position for 30-60 seconds.

Repeat _____ times.

Push the mat away from you and as you draw your belly in, lengthen your tailbone toward the heels.