

Exercise Prescription: Sliding Heel Dead Bug

Purpose of Exercise:

This exercise helps coordinate arm and leg movement with core and pelvic stability.

Frequency:

5-10 reps, 3-5 times per day.

Starting Position:

Lying on your back with neutral spine, bend knees and place feet on the ground 6 inches away from bum with toes pointing forward and knees hip-width distance apart. You will use diaphragmatic breathing for this exercise.

Exercise Description:

Inhale, fill belly like a balloon, lower ribs out to the side, fill pelvis with air, exhale, kegel lift. On an exhale with kegel, keeping the shoulders down and away from your ears, lift both arms above your head and slide one heel away from the bum to straighten the leg. Keep your heel in contact with the ground. Inhale and return arms and leg to starting position. Switch sides. Once, comfortable, slide both heels out simultaneously.

Remember that some minor new pains or discomfort during the exercise are normal and expected. You are waking up muscles that you don't normally use. If the discomfort worsens with each repetition, discontinue exercise and notify your chiropractor.

Picture:

