

Exercise Prescription: Overhead Band Pull

Purpose of Exercise:

This exercise helps to properly activate the core stabilizers in a seated position with dynamic arm movement.

Frequency:

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

Starting Position:

Sitting on the floor in a cross-legged position with a neutral spine, hold the ends of a theraband (approx. 2 feet) in each hand. Keep your shoulders down and away from ears.

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 a kegel, maintaining neutral spine, lower the arms down to your side until they are in alignment with your shoulders. Make sure to keep the arms in alignment with the side of your body, do not let them travel in front or behind you. Inhale, return to starting position.

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:

