

## **Exercise Prescription: Perinatal Functional Position 1**

### **Purpose of Exercise:**

This exercise builds core and pelvic stability in a supine position. This is the first position that baby assumes once it starts to gain better control of the arms and legs.

### **Frequency:**

Maintain position for 5-10 belly breaths. Repeat 3-5 sets, or to tolerance.

### **Starting Position:**

Lying on your back with your shoulders down away from your ears and your chin tucked in line with your spine.

### **Exercise Description:**

Raise legs up to a 90/90 position with knees slightly wider than hips and feet together. Raise arms up keeping them shoulder width apart and making sure not to move them over your head. Visualize holding an exercise ball in between your arms and legs. Hold position. Belly breathe (Inhale, fill belly like a balloon, expand lower ribs to the sides, fill pelvis with air, exhale, kegel).

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:**

