

## **Exercise Prescription: Perinatal Functional Position 4**

### **Purpose of Exercise:**

This exercise builds core and pelvic stability in a quadruped position with dynamic arm and leg movement. This is the position that baby assumes to build weight-bearing shoulder and hip stability, and to start to crawl.

### **Frequency:**

Hold for 3-5 belly breaths on each side, or to tolerance.

### **Starting Position:**

Assume the quadruped position. Wrists should be shoulder width apart and in alignment with your shoulders. Knees should be hip width apart and in alignment with your hips.

### **Exercise Description:**

You will use belly breathing for this exercise (Inhale, fill belly like a balloon, expand lower ribs to the sides, fill pelvis with air, exhale, kegel).

Lift one arm and the opposite leg up off of the ground to parallel the floor. Make sure shoulders and hips stay in alignment and parallel to the floor. Do not let the bum hike up to the side! Belly breathe in this position (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:**

