

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

### **Purpose of Exercise:**

This exercise builds core and pelvic stability in a dynamic rolling movement. Rolling is one of the most fundamental functional movements in baby functional development.

### **Frequency:**

5-10 reps with belly breathing. 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. 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.

### **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). On an exhale with a kegel, slowly roll to your side maintaining the starting position. Your torso should not twist. You should roll like a barrel.

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:**

