

Exercise Prescription: Bird-Dog

Purpose of Exercise:

This is a stability exercise for the posterior chain used to emphasize a stiff core while moving the limbs.

Starting Position:

On your hands and knees as shown (1). Make absolutely sure that your spine is in a neutral position before beginning this exercise.

Exercise Description:

From the starting position, without moving the spine, raise one arm and the opposite leg (2). Focus on reaching forward with the arm and reaching backward with the leg. Return to the starting position. Repeat this motion 6-8 times then return to the starting position.

Repeat on the other side. If one side is more difficult, do twice as many reps on that side. Make sure to pivot at the shoulder and the hip, keeping your spine stiff. This exercise can be made more difficult by drawing symmetrical squares in space with the hand and foot as shown (3-6).

Pictures:



1



2



3



4



5



6