

Exercise Prescription: Dead Bug 1- Heel Taps

Purpose of Exercise:

This is a functional abdominal exercise that will help coordinate arm and leg movement with core stability. It may be used as an exercise to prevent and even relieve lower back pain.

Starting Position:

Laying on your back with your head a few inches from a wall (if your head/neck is extended, place a small pillow or folded towel under your head for support). Place your palms on the wall above your head, making sure your elbows have a slight bend as shown (1).

Exercise Description:

Push away from the wall with your hands without actually moving (an isometric contraction). When you do this you should feel your abdominals tighten in the front, sides, and back.

Lift one leg at a time so both feet are in the air and knees/hips are bent to 90 degrees as shown (2). Make sure to breathe normally, taking care not to hold your breath or breathe too quickly.

Keep pushing into the wall, feeling your ribs move downward, then lightly tap the floor with one heel as shown (4). Bring the leg back up and repeat on the other side.

Repeat this motion 8-12 times on each side. Make sure to keep your ribs and pelvis locked together, limiting any movement.

Pictures:

