



## Exercise Prescription: Perinatal Functional Position 2

### **Purpose of Exercise:**

This exercise builds core and pelvic stability in a supine position with dynamic, opposite, and cross-core movement of the arms and legs. This is the second position that baby assumes once it starts to dynamically move limbs in a supine position.

### **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 and with control, lower opposite arm and leg to the ground. Your torso should stay still/stable. On an inhale, return the arm and leg to starting position. Switch sides. This is one repetition.

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:**

