

Exercise Prescription: Pushup

Purpose of Exercise:

This is an exercise that emphasizes hard core stability during bilateral shoulder movement.

Self-Check

Trunk Stability Pushup

Starting Position:

Start in pushup position with hands under your shoulders with your weight towards the outside of your hands. You may place a rolled towel on your lower back to give stability feedback during the exercise.

Exercise Description:

Brace your core and pull yourself towards the platform. Make sure to keep your spine stiff and remember not to hyperextend your back or let your hips tilt or fall. Once you reach the bottom of the movement, sniff some air in against your braced core and push yourself up.

Instead of yielding to gravity, actively pull yourself towards the platform. This will help activate the necessary muscles to stabilize your shoulder during this exercise.

Pictures:

