

## Exercise Prescription: Crocodile Breath

### Purpose of Exercise:

This is a self-treatment for acute low back pain. This exercise is performed in preparation for the Diamond Press-up.

### Frequency:

Once at the beginning of each exercise session.  
6-8 times per day or about once every 2 hours.

### Starting Position:

Lay face down with your head turned to one side and your arms relaxed beside your body (1) OR with your arms raised overhead with your forehead resting on the back of your hands (2).

### Exercise Description:

Stay in the starting position and take a few deep breaths, deep into your abdomen, and completely relax for 2-3 minutes. Feel your abdomen press against the floor with each breath.

### Pictures:



1



2