

## Exercise Prescription: Reach and Roll

### **Purpose of Exercise:**

This exercise builds core and pelvic stability in a tripod/side-lying position with dynamic arm and leg movement. This is the position that a baby uses in attempts to assume a quadruped position for crawling and can be used to develop dynamic core stability.

### **Frequency:**

5-10 reps with belly breathing. Repeat 3-5 sets, or to tolerance.

### **Starting Position:**

Lying on your side, prop yourself up onto your elbow and bend the bottom knee. Your elbow should be under your shoulder with hips, knees, and ankles stacked. Maintain neutral spine.

### **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, push hips off of the floor, creating a solid and aligned side plank. With control, slowly swing your top arm and leg forward toward your head in unison. Inhale and return to starting position.

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:**

