

Exercise Prescription: Dead Bug 2- Arm and Heel

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 (if your head/neck is extended, place a small pillow or folded towel under your head for support). Knees are bent and arms are straight in front of you with palms facing inward as shown (1).

Exercise Description:

From the starting position, lift one leg at a time so both feet are in the air and knees/hips are bent to 90 degrees as shown (2-3). Make sure to breathe normally, taking care not to hold your breath or breathe too quickly.

Now, moving opposite your opposite arm and leg, tap your heel to the ground and extend your arm to the ground as shown (4). Switch sides and repeat.

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

Pictures:

