

Exercise Prescription: Dead Bug 4- Rotation

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 holding a ball/small weight 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). Make sure to breathe normally, taking care not to hold your breath or breathe too quickly.

Now, keeping your knees and arms together, move your arms and legs in opposite directions a couple inches, making sure your core stays tight (3). Return to the middle position then repeat on the other side.

Repeat this motion 8-12 times on each side.

Pictures:



1

2

3



4

5