



## **Exercise Prescription: Perinatal Functional Position Bear Crawl**

### **Purpose of Exercise:**

This exercise builds core and pelvic stability in a quadruped position with dynamic arm and leg movement. This mimics baby bear crawling.

### **Frequency:**

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

### **Starting Position:**

Assume the quadruped position. Wrists should be shoulder width apart and in alignment with your shoulders. Knees should be hip width apart and in alignment with your hips.

### **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).

Inhale, lift your knees 6-8 inches off of the ground. Move one arm and the opposite leg forward, exhale switch sides. Your torso should not twist. Your hips should not sway side-to-side. Try to maintain a braced core.

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:**

