

Limb Movement — Quadruped Position (Figures A-C)

- Purposes:**
- To improve the performance of abdominal muscles
 - To improve the control of the spine in preventing rotation
 - To improve balance control
 - To improve the control of the pelvis

Starting position: While on hands and knees with feet pointing away from body, center hips over the knees, which are a few inches apart. Position the hips at a 90-degree angle, spine straight, shoulders centered over hands, and head in line with the body.

Perform variation if box is checked

Shoulder flexion (see Figure A)

- Method:** Contract abdominal muscles by “pulling your navel toward your spine”
- Barely lift your hand off the supporting surface by bending your elbow
 - Lift one arm overhead and hold position for 5 to 10 seconds
- Do not let your trunk move when lifting your arm
Return hand to the supporting surface
Repeat movement with your other hand

Hip extension with knee flexion

- Method:** Contract your abdominal muscles by “pulling your navel toward your spine”
Keep your knee bent and lift your leg at the hip backward
Do not let your pelvis or spine move
Hold position for 3 to 10 seconds
Return to the starting position
Repeat with your alternate leg

Hip and knee extension (see Figure B)

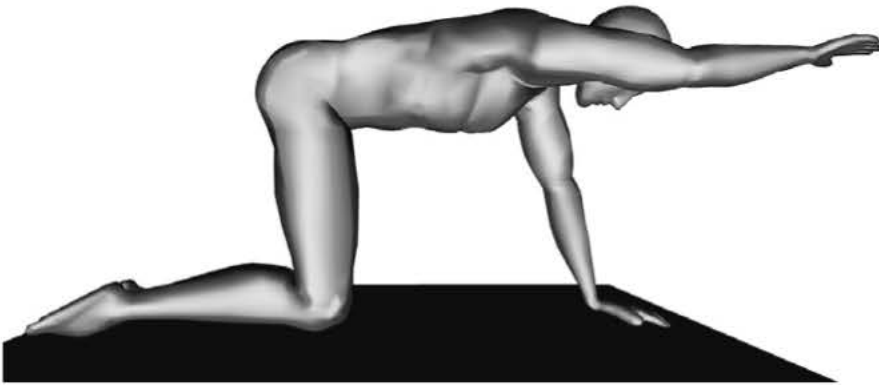
- Method:** Contract your abdominal muscles by “pulling your navel toward your spine”
Lift your leg backward so that your hip and knee straighten
Do not let your pelvis or spine move
Hold position for 3 to 10 seconds
Return to the starting position
Repeat with the alternate leg

Hip/knee extension with shoulder flexion (see Figure C)

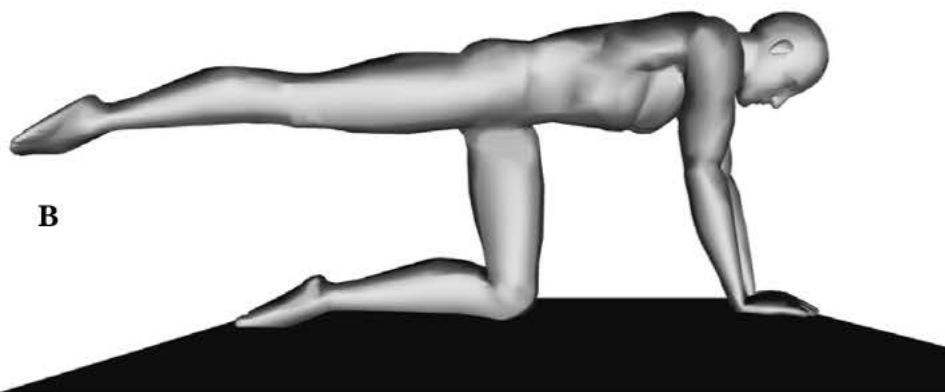
- Method:** Contract your abdominal muscles by “pulling your navel toward your spine”
Lift your opposite leg and arm at the same time
Lift leg backward and over head
Do not let your pelvis or spine move
Hold position for 3 to 10 seconds
Return to the starting position
Repeat with your opposite arm and leg

Repetitions: _____

A



B



C

