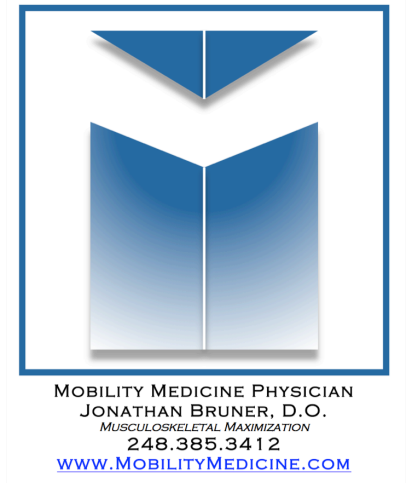


This Exercise is intended for our patients to use to address specific findings related to their physical exam. If during or after these exercises you have increased pain or discomfort, please let our office know immediately.

Bird Dog Exercise



Get in the hands and knees position with your shoulder over your wrists and your hips over your knees

Bring your Pelvis into the Posterior/6 o'clock position and keep it there (Very Important!) Remember to breathe!

Beginner (Glutes)

1. Place your Right leg straight out behind you while keeping your Pelvis level
2. Slightly roll your extended foot out to the side
3. You should feel a tightening in the Gluteal muscles on the leg you are using
4. Hold for 5-15 seconds (form is more important than length of the hold)
5. Repeat for the opposite leg
6. Do 15 reps and 3 sets

Advanced (Traps and Core)

1. While holding your leg extended, raise the opposite arm with the thumb as high as it can go