



Rehabilitative Exercises | Core Activities

A8 Bird Dog



- 1- On your hands and knees, keep pelvis in a downward stable position. Do not arch your back or twist your pelvis at any time. Lift your right arm, keeping elbow straight. Lift to height of head. Repeat on opposite side. Repeat for ____ seconds ____ times a day.
- 2- Lift right arm to height of head and lift left leg straight back. Keep knee straight and pelvis facing downward. Do not arch back at any time. Repeat on opposite side. Repeat ____ seconds ____ times a day.
- 3- Repeat step two but now lifting left arm and right leg. Hold for ____ seconds ____ times a day.