

Bear

Low Bear



Start in a quadruped/table-top position with knees under hips and hands under shoulders. Staying tall through the shoulders and hips, slowly push tucked toes into the floor and lift knees to hover them off the ground making sure spine and neck stay in one line.

Hold this position for 5-10 seconds.

High Bear



Start in a quadruped/table-top position with knees under hips and hands under shoulders. Staying tall through the shoulders and hips, slowly push tucked toes into the floor and lift knees to raise hips above the shoulders keeping spine and neck in one line.

Hold this position for 5-10 seconds.

Perform 10 of each movement, slow and controlled, @2x daily or at your doctor's recommendation.



In Motion Spine & Joint Center

5242 Main Street

Spring Hill, TN 37174