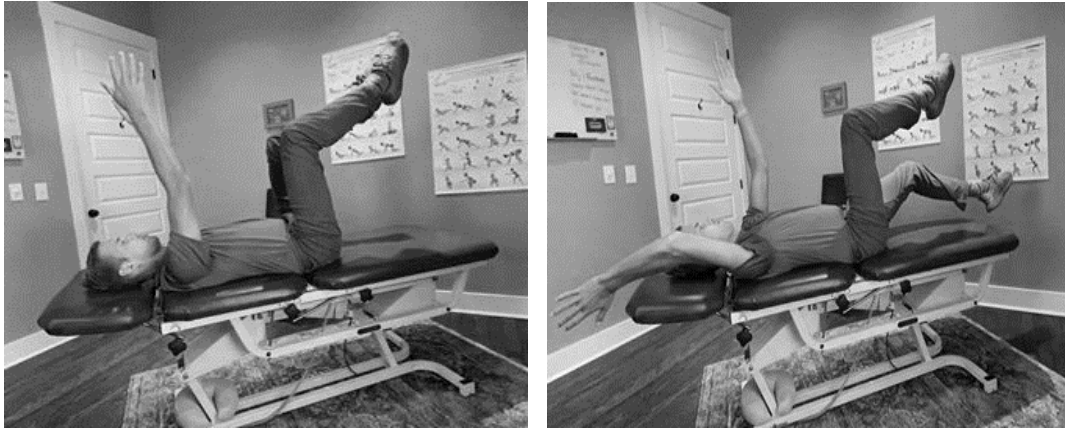


# Dead Bug Core Sequence



1. Lay on your back on a firm surface and bring arms and legs into a 90/90 position.
2. Make sure back is flat against the surface to have a **neutral spine for intra-abdominal pressure**.
3. Slowly lower 1 arm overhead making sure to prevent same side rib cage or spine from raising up. Tap the thumb to the surface overhead or go to where you feel resistance and then bring back to position 1. Repeat on the opposite arm.
4. Slowly lower 1 leg while keeping the knee slightly bent and the back flat against the hard surface. Knee will track just outside of the hips and the foot will be in line with the hips. Tap heel to the ground and slowly return. Repeat on the opposite leg.
5. When ready, slowly track opposite arm and leg in pattern listed above keeping the back flat against the table with good belly breathing for core stability.
6. Perform 10 times on each limb or 10 times with opposite arm and leg @ 2-3x/daily. Work until fatigue or at your doctor's recommendations.

\*Throughout the entire movement, belly should be expanded into your waistband to ensure you have good spinal stability and core activation. If you feel popping in the front of your hip, you do not have enough Intra-abdominal pressure (belly breathing).



In Motion Spine & Joint Center

5242 Main Street

Spring Hill, TN 37174