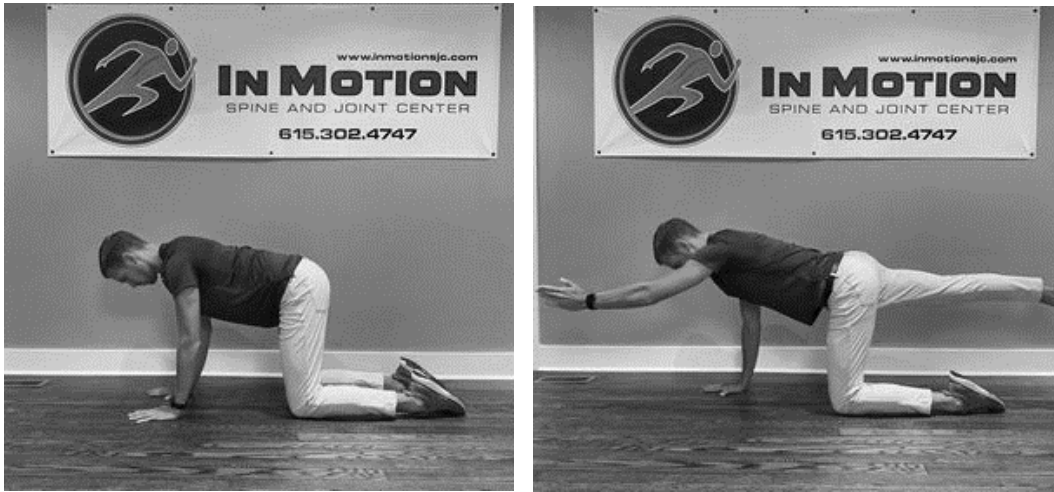


Bird Dog



1. Start in a quadrupedal position with hands under the shoulders and knees under hips keeping spine neutral/straight with good belly breathing/intra-abdominal pressure.
2. First motion is taking arm directly in front of you while keeping belly pressure and spine straight
3. Next movement you can do is taking the leg straight behind while keeping belly pressure and spine straight.
4. When you can keep good spinal stability through breathing and no low back extension, slowly take opposite arm and leg out.
5. Perform slowly and hold for 5 seconds.
6. 10 reps on each limb or opposite arm/leg 10 times @ 3 times daily, or at your doctor's recommendation.

spine must straight neutral/straight through all movements with adequate belly expansion



In Motion Spine & Joint Center

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