



DEAD BUG EXERCISES

Do each exercise _____ times a day. Repeat each exercise _____ times.

Hold each position for _____ seconds.

THESE EXERCISES WILL HELP STRENGTHEN YOUR LOWER BACK AND ABDOMEN. BE SURE TO DO ALL THE EXERCISES WITH YOUR BACK IN A PAIN-FREE POSITION.

ALTERNATING ARM AND LEG RAISES

o Lie on your back with knees bent, feet flat on the mat and arms overhead.

o Push your lower back into the mat.

o Lift your right arm and left leg straight up off the mat.

o Slowly lower your arm and leg back to mat and repeat with left arm and right leg.

o Option: Add _____ lb. cuff weight to wrist.

o Option: Add _____ lb. cuff weight to ankle.

**If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 562-9410.*

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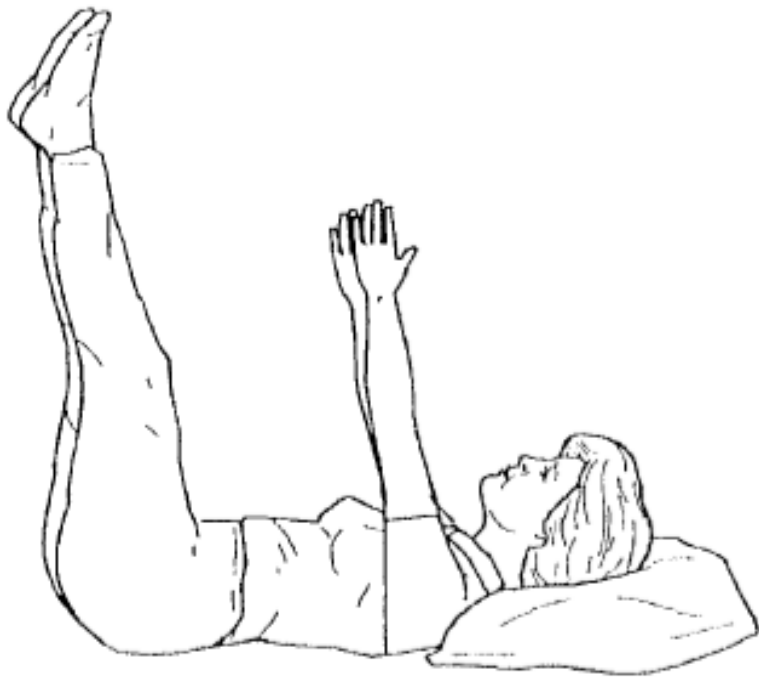
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SIMULTANEOUS ARM AND LEG RAISES



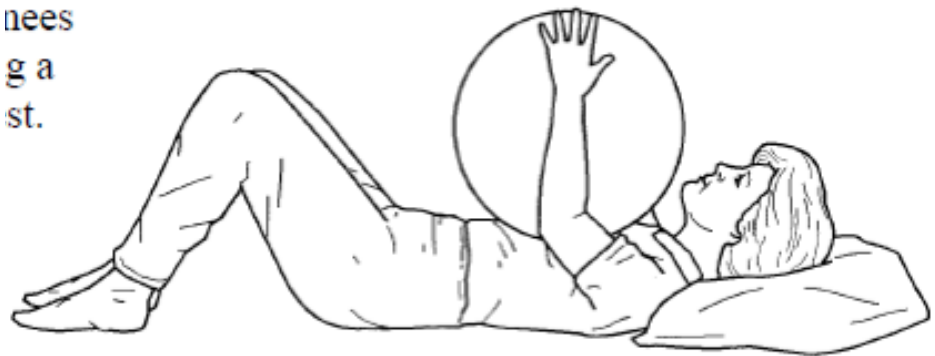
- o Lie on your back with knees bent, feet flat on the mat, and arms at your sides.
- o Lift both arms straight up.
- o Lift both legs straight up off the mat.
- o Slowly return your arms and legs to the mat.

appropriateness of any other activities –

BALL PERTURBATIONS: PHASE I

- o You will need someone to help you with this exercise.
- o Lie on your back with both knees bent, feet flat on the mat.
- o Hug a small ball in both arms at chest.
- o Resist your helper's pushes against the ball in various directions.

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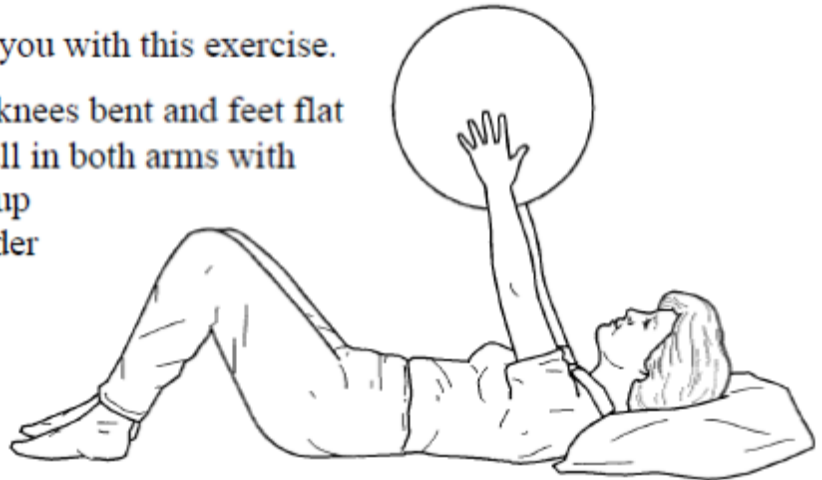


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BALL PERTURBATIONS: PHASE II

- You will need someone to help you with this exercise.
- Lie on your back with both knees bent and feet flat on the mat.
- Hold a small ball in both arms with your elbows straight, reach up towards the ceiling at shoulder level.
- Resist your helper's pushes against the ball in various directions.
- **Do not** arch your back.

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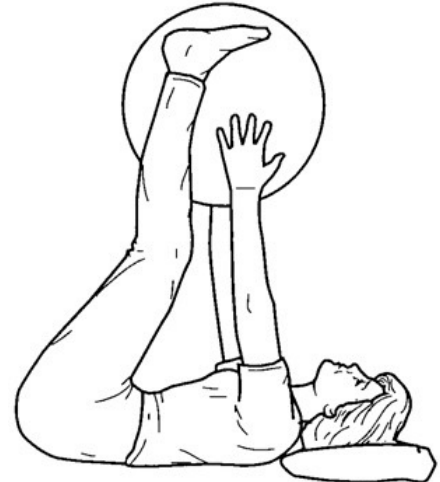
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ARM AND LEG RAISES WITH BALL

- o Lie on your back with knees bent with feet flat on the mat.
- o Push your lower back into the mat.

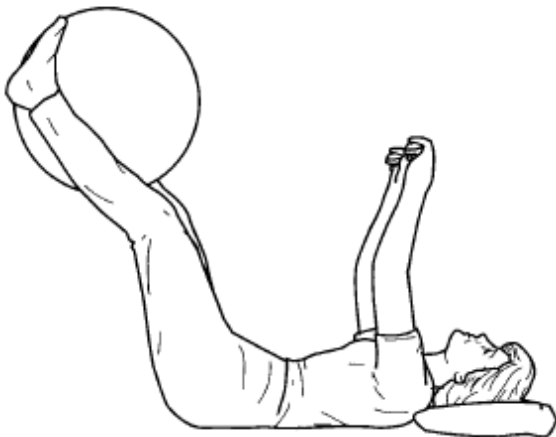
STEP 1:

Place the ball between your knees.
Begin to lower your arms overhead.



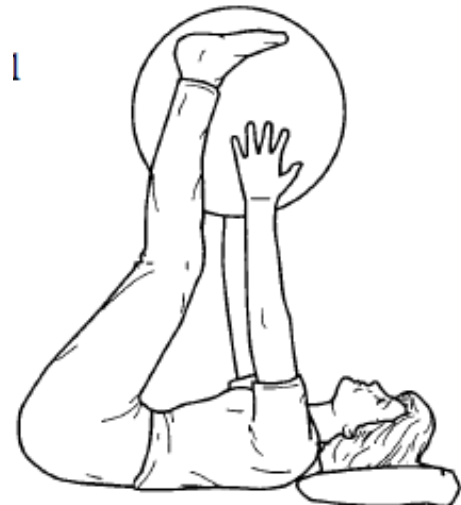
STEP 2:

Hold the ball in your hands overhead.
Bring the ball toward your feet.



STEP 3:

Bring your feet up towards arms,
placing the ball into your arms.

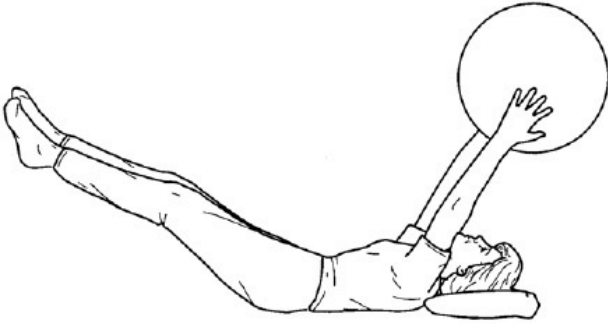


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STEP 4:

Lower the ball overhead. Lower your legs toward the mat.

Do not arch your back.



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