DEAD BUG EXERCISES

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.

| Do each exercise _____ times a day. |
| Repeat each exercise _____ times. |
| Hold each position for _____ seconds. |

□ ALTERNATING ARM AND LEG RAISES

- Lie on your back with knees bent, feet flat on the mat and arms overhead.
- Push your lower back into the mat.
- Lift your right arm and left leg straight up off the mat.
- Slowly lower your arm and leg back to mat and repeat with left arm and right leg.
- **Option:** Add ____ lb. cuff weight to wrist.
- **Option:** Add ____ lb. cuff weight to ankle.

□ SIMULTANEOUS ARM AND LEG RAISES

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

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.*
BALL PERTURBATIONS: PHASE I
- You will need someone to help you with this exercise.
- Lie on your back with both knees bent, feet flat on the mat.
- Hug a small ball in both arms at chest.
- Resist your helper’s pushes against the ball in various directions.

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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ARM AND LEG RAISES WITH BALL

- Lie on your back with knees bent with feet flat on the mat.
- 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.

STEP 4:
Lower the ball overhead.
Lower your legs toward the mat.
Do not arch your back.

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