

Quadruped

Exercise designed to incorporate spinal stabilization with pelvic and shoulder girdle coupling. Patient is on knees and elbows with palms down flat on table. Patient is then told to sag and extend through the thoracolumbar junction to normalize lumbar lordosis. Next core activation is achieved with abdominal brace, followed by scapular stabilization with depression and external rotation of scapulas. Next deep neck flexion is achieved along with cervicothoracic extension and elongation of the entire spine. Perturbations can come from therapist or from lifting extremities without shifting or moving body.

