

Dead Bug Track: Abdominals

1. Lying on back, knees bent, raise one arm at a time overhead.*
2. Same as above, raise both arms overhead.*
3. Raise one foot a few inches off the floor at a time, switching to the other foot as if "marching."
4. Bring one knee to chest at a time.
5. Bring one knee to chest at a time while raising opposite arm, return foot and arm to the floor.
6. Perform alternating kicks unsupported, that is, without letting feet touch the floor (the lower the legs and the further the leg is extended, the harder the exercise). 10 second holds, 5-10 reps.
7. Dead bug. (*When patient can maintain for two minutes, move to step 8*). Arm and leg movements can be ipsilateral, or cross crawl. Cross crawl (see 7D) is more difficult but can reinforce gait patterns.
8. Add ankle (e.g., 2-5 pounds) and wrist weights (e.g., 2 pounds). Work up to 2 minutes.

The first five steps will help program pelvic control, but may not appreciably affect conditioning. When patients can perform exercise 6 properly and repetitively, a training effect will be achieved that will promote both control and endurance.

* Many patients may have difficulty keeping the pelvis stable while moving the arms. In this case, begin with step 3-5 and introduce the single and bilateral arm movements later.

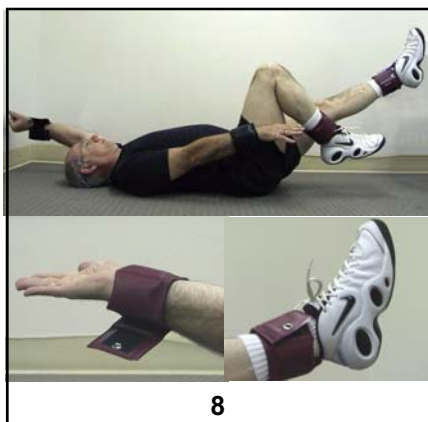
Make sure patients. . .

- Maintain neutral pelvis.
- Maintain abdominal bracing/hollowing.
- Breathe properly.
- Relax everything else.
- Do the exercise *slowly*.

Prescription

_____ repetitions (8-30)
 _____ sets (1-3)
 _____ seconds held (1-10)
 _____ times per day/week
 (1-3/dy; 3-7/wk)

STOP if patient shakes, loses form or back pain is aggravated (a muscle burn is okay).



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