

Dynamic

CHIROPRACTIC CLINIC

Better Health in Motion

Bird Dog Exercise

Instructions: Duration 1 Minute

This is a great exercise for patients who DON'T suffer from lumbar disc injuries... this exercise is great when you are looking to strengthen the low back.

Get on all fours, knees behind the hips. Engage the Kegel muscles (the muscles you use to stop peeing) and raise your opposite arm and leg, while maintaining the contraction of the Kegel muscles. If at any time you cannot maintain the muscle contraction, begin over.

Perform this exercise for at least 10 times per side, increasing the number as you get stronger.



Tip: Never increase your workouts by more than 10% per week!

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