

# Core Exercises 1

## Bird Dog: Core Stability • Spine Support • Balance Training

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Purpose:** The Bird Dog exercise improves core stability, spinal control, posture, and coordination. It strengthens deep abdominal muscles, lower back stabilisers, and hips while promoting safe, controlled movement.

### Instructions:

#### Starting Position: (All 4s)

1. Position on hands and knees.
2. Hands under shoulders, knees under hips.
3. Spine neutral (natural curve, not arched or rounded).
4. Gently tighten abdominal muscles.
5. Keep head aligned with spine, eyes toward floor.

#### Movement:

1. Extend **RIGHT ARM** & extend the **LEFT LEG** straight out behind at the same time.
2. Keep hips and shoulders level — avoid trunk rotation.
3. Hold **5–10 seconds** while breathing normally.
4. Return slowly with control.
5. Repeat on opposite side.

**10 repetitions each side. 1–3 x sets**

Frequency: \_\_\_\_\_ x Daily

#### Key Technique Points:

- ✓ Maintain neutral spine throughout
- ✓ Engage abdominal muscles gently
- ✓ Move slowly — control is more important than range
- ✓ Keep hips square to the floor
- ✓ Avoid shrugging shoulders

#### Stop Exercise If You Experience:

- ✗ Sharp or worsening pain
- ✗ Numbness or tingling
- ✗ Loss of balance or control

