

Core Exercises 2

Dead Bug : Core Stability • Spine Support • Balance Training

Patient Name: _____ Date: _____

Purpose:

The Dead Bug exercise strengthens deep abdominal muscles, supports the lower back, and improves coordination between the arms and legs while maintaining a stable spine.

Starting Position (Tabletop)

Lie on your back • Knees bent to 90° above hips (tabletop legs) • Arms extended toward ceiling • Lower back gently pressed into the floor • Neck and shoulders relaxed

Instructions:

1. Slowly lower RIGHT ARM overhead while extending LEFT LEG straight.
2. Keep lower back in contact with the floor.
3. Move only as far as you can without arching your back.
4. Return to start position with control.
5. Repeat on opposite side.

10 repetitions each side. 1–3 x sets

Frequency: _____ x Daily

Technique Checklist:

- ✓ Lower back stays gently pressed down
- ✓ Slow, controlled movement
- ✓ Breathing steady (do not hold breath)
- ✓ Neck and shoulders relaxed
- ✓ Core gently engaged throughout

STOP IF YOU FEEL

- ✗ Sharp or worsening pain
- ✗ Neck strain
- ✗ Increased back discomfort

