

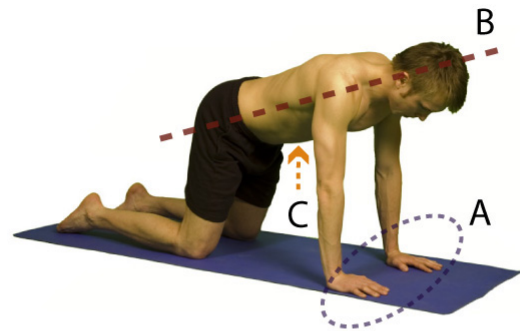
Limb Extensions

Contralateral, on Hands and Knees

Procedure:

- Position yourself on your hands and knees
 - Place hands, knees and feet at shoulder width
 - Position neck in straight line with torso
 - Contract your abdominal muscles by tucking in your belly
 - Assume neutral spine position
- Holding a neutral spine, slowly lift one arm and opposite leg until they are parallel to the floor
 - Point thumb up toward the ceiling
 - Keep leg, torso and arm in a straight line
 - Maintain neutral spine and belly drawn in
- Hold position for the assigned number of seconds then slowly return to starting position
- Repeat with the other arm and leg
- Perform the assigned number of sets

Step 1



Step 2



Exercise Prescription

Hold (sec): Reps: Sets:
 Prescribed by:
 Prescribed for:
 Prescription date:

Benefits:

- Strengthens primarily the back extensors, gluteus maximus, and lower trapezius
- Stabilizes the core (lumbar-pelvic-hip-complex)

