

Quadruped Exercises

Cervical Rotation



Begin in your neutral position (hands under shoulders, knees under hips). While maintaining a neutral spine and neck and keeping your shoulders level, take one hand to your opposite shoulder, and rotate your neck, following your hand as it moves. Slowly return to the starting position and then perform again with the opposite arm.

Thoracic Rotation



Begin in your neutral position (hands under shoulders, knees under hips). Take one hand and place it on the back of your head. While maintaining your neutral spine position, push your down hand into the floor and turn towards the “up hand,” trying to look to the ceiling. Pause briefly at the top of this motion and return to your starting position. Perform all repetitions on one side and then switch hand positions and complete repetitions on the other side.