

Tennessee Back Pain Center

3242 Memorial Blvd. Ste C Murfreesboro, TN 37129

Phone: (615)-900-5187

Fax: (833)-624-3035

Email: Tennesseebackpaincenter@gmail.com



Dead Bug – Exercise Instructions

- This exercise is performed lying on your back.
- There are multiple stages to this exercise so make sure you are performing the correct stage prescribed by your doctor.
- Lay on your back with legs bent and calves supported on an object such as a yoga ball, couch, chair, etc.
 - The main goal here is to make sure you have a 90-degree bend in your hips and knees.
- Stage 1
 - Breathing
 - Take deep breaths in through your nose.
 - Place one hand on your breastbone and one on your abdomen
 - When you breathe, we want to use our diaphragm, so make sure the hand over your belly is the one moving. The other hand on your breastbone should not move at all.
 - As you **inhale**, your belly should expand **outward**. As you exhale, your belly should return to normal position. Think about your belly expanding in 360 degrees
 - Repetitions
 - Perform this exercise for 3 minutes 3 times a day or as prescribed by your doctor.
 - This exercise is more mental than physical, so take a break when you need to. The more you practice this exercise, the easier it will become.
- Stage 2
 - Flat Back and ribs down
 - Keep your back flat against the floor.
 - Continue to breathe into the belly.
 - Keep the ribcage down and don't let them flare up.
 - This step is very crucial and will be integrated in all progressions moving forward.

- If you are having trouble understanding this step, tuck your tailbone like a dog getting scolded.
 - Another cue, pretend like there is a bug under the small of your back and you must squish it with your low back.
 - If you have trouble with this or if it makes your condition worse, bring it up with your doctor on your next visit.
 - Repetitions
 - Perform this exercise for 3 minutes 3 times a day or as prescribed by your doctor.
- Stage 3
 - Continue to keep ribcage down, back flat and breathe into belly
 - Hands straight up towards ceiling making 90-degree angle with body.
 - With this step, your ribcage will want to flare. Make sure you keep the ribs down.
 - Repetitions
 - Perform this exercise for 3 minutes 3 times a day or as prescribed by your doctor.
- Stage 4
 - Continue to keep ribcage down, back flat and breathe into belly
 - When you have pressure in your belly, then lift one foot off the support. Hold it there for two breaths.
 - Inhale again and switch legs, lifting the other leg off the table.
 - Perform 5x per side
 - 5 repetitions each side = 1 set.
 - Perform 3 sets per day or as prescribed by your doctor.
 - Your arms should be reaching towards the ceiling, but not moving.
- Stage 5
 - Continue to keep ribcage down, back flat and breathe into belly
 - Remove the support from under your legs.
 - When you have pressure in your belly, straighten one leg at a time as if you were trying to touch your heel to the ground.
 - Stop when you feel your rib cage start to flare or your back start to arch.
 - Return to the starting position and repeat with the other leg.
 - Keep alternating legs for 5 repetitions.
 - 5 repetitions on each side = 1 set.

- Perform 3 sets per day or as prescribed by your doctor.
- Stage 6
 - Continue to keep ribcage down, back flat and breathe into belly
 - Hands straight up towards ceiling making 90-degree angle with body.
 - Take hands over head, one at a time.
 - Stop when the ribcage begins to flare.
 - Keep alternating arms for 5 repetitions.
 - 5 repetitions on each side = 1 set.
 - Perform 3 sets per day or as prescribed by your doctor.
 - Your feet should be unsupported, but not moving.
- Stage 7
 - Contralateral patterns
 - Continue to keep ribcage down, back flat and breathe into belly
 - Arms should be reaching straight up towards the ceiling. Legs should be unsupported and at the 90/90 position.
 - Take the opposite hand back and foot down at the same time while maintaining to keep the ribcage down, back flat and breathe into the belly.
 - Keep alternating arms and legs for 5 repetitions.
 - 5 repetitions on each side = 1 set.
 - Perform 3 sets per day or as prescribed by your doctor.
- Notes:
 - This exercise can be very challenging. Please stop and take breaks as needed.
 - Feel free to breathe normally in between sets.
 - You should feel this exercise working your core. If you are experiencing pain or discomfort elsewhere, please stop and consult your doctor before continuing.
 - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.



Dead Bug

