

Supine to prone upper extremity driven



Prone to supine upper extremity driven

Rolling RePatterning- Inner Core Work

It is now time to turn back on your core.

This exercise takes us back to when we were 4 months old and learning how to roll over. It is pure core function and a great way to reset your core. Many moms who have experienced a C-section say this is finally an exercise where they feel their core at a deep level. Some have even described a warming sensation. This is a great exercise to begin a workout with as it turns on your core for the rest of the workout. There are 2 parts to this exercise.

Supine to Prone Upper Extremity Driven Rolling

1. Lay on your back with your arms and legs stretched out.
2. Consider from your waist down dead weight. The muscles don't work and can't help you roll over. This is what is considered upper extremity rolling.
3. Tuck your chin, look with eyes in the direction you want to roll and turn head.
4. Reach one arm across your body. Look up and to the corner of the room.
5. Elongate the axis (the arm and leg that won't move much): Make the axis leg long – "reach", make the axis arm long – "reach", stay long through the axis.
6. Use a strong gaze, your one arm and your inner core to roll you over.

Verbal sequence: "Look-lift arm-reach-look into shoulder-roll"

If your heel digs into the ground or your legs lifts up you are cheating and CREATING core dysfunction. STOP and use assistance to execute perfectly.

Prone to Supine Upper Extremity Driven Rolling

1. From the roll above, you are on your tummy, arms and legs stretched out.
2. Again, waist down dead weight. Unclench your butt cheeks!
3. Look up and around in the direction you want to roll and turn head.
4. Extend one arm back.
5. Notice your jelly legs
6. Elongate the axis (the arm and leg that won't move much): Make the axis leg long – "reach", make the axis arm long – "reach", stay long through the axis.
7. Use a strong gaze, your one arm and your inner core to roll you over.

Complete 3-5 perfect rolls in each direction

Assistance may include:

- Wedging underneath the upper torso to assist initial direction. Use a rolled up yoga mat or a couch cushion to position yourself already started in the roll.
- Tubing assistance. Tie tubing to a secure chair so have someone hold it. Use it to help get you over.

Key Component:

- Turning and using the head is the secret to completing a successful rolling pattern. You cannot power through this movement. It must be a neurological correction.