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Core Stabilization

Floor Prone Cobra

**The floor cobra is one of the best exercises to reverse the forward head position and to strengthen the muscles between the shoulder blades.**

**Preparation**

1. Lie prone on the floor with arms beside the body with palms facing toward floor.

2. Tuck your shin in and place forehead on the floor (not shown in the starting position).

Unlike the picture, your chin should be tucked in with forehead on the floor in the starting position

 **Starting position**

**Movement**

1. Draw navel in, activate gluteals and calves muscles, and pinch shoulder blades together.

2. Slowly lift chest off the floor while slowly squeezing your shoulder blades together,

3. Hold for 2 seconds.

4. Slowly return to the starting, keeping chin tucked, to a count of 4 seconds.

5. Repeat 5 to 10 times.

 **End position**

**Key points**

1. Maintain the drawing-in maneuver throughout this exercise. This ensures the intrinsic core

 stabilizers are staying activated.

2. Keep your chin tucked and don’t arch your head back. Keep your entire spine straight

 throughout this exercise.

**Benefits of activating and strengthening your core stabilizers**

**Alleviates Back Pain**: Core stabilization exercises can help reduce discomfort; and improve mobility and support for the spine in people with both acute and chronic low back pain.

**Improves Posture**: Core stabilization exercises can improve your posture and decrease your risk of disc herination and vertebrae degeneration.

**Better Athletic Performance**: Your core is the link between your upper and lower body, it is what allows a golfer to swing the club to strike his golf ball, or a tennis player to serve and optimize her racquet speed. It’s critical to sports performance.

**Improved Balance:** Poor posture is a complicated condition, but lower body weakness, vestibular dysfunction and neurological deficits are often contributing factors. Studies have shown that dynamic balances improves as your core stabilization increases.

**Safer Everyday Movement**: Daily tasks-such as maintaining balance on an icy surface carrying groceries, hoisting children and walking up a steep flight of stairs-are easier and less likely to result in an injury when your core stabilizers are strong.