



Figure 1 All fours rock. (a) Correct, (b) incorrect

The All Fours Rock

Purpose: This is an excellent exercise to wake up the deep stabilizers of the shoulder girdle.

Starting position:

- _ On all 4's (quadruped) perform a partial push-up

Exercise:

- _ Lower your chest towards the floor and feel your shoulder blades slide together
- _ Push yourself back up and feel your shoulder blades begin to separate
- _ Push away or press your back up from the floor with your hands until your shoulder blades are separated as far as possible and your back moves up towards the ceiling
- _ Hold this position and rock side to side 2–3 in each direction

Fine tuning:

Perform the rocking motion while keeping ideal posture

- _ Draw your chin in so your head and neck are in line with your middle back
- _ Keep your middle back flat not round
- _ Avoid shrugging your shoulders up towards your ears
- _ Tighten your abdominal muscles without holding your breath or rounding your lower back

(Fig. 1)