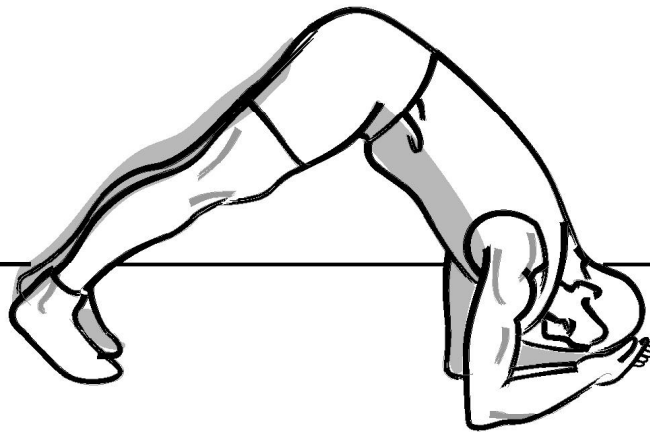




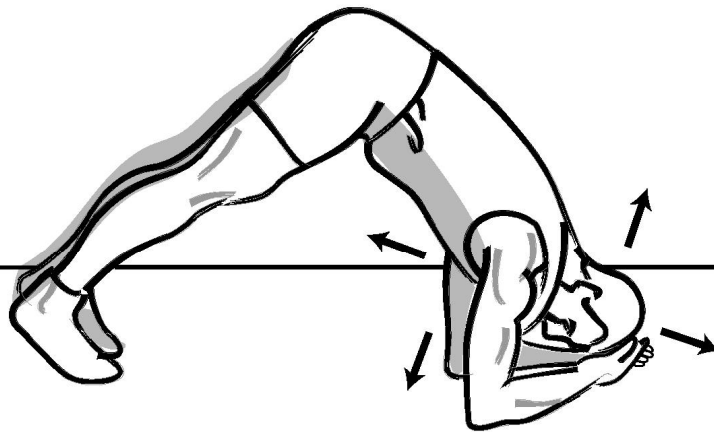
Performing  
Arts  
Physical  
Therapy

## Inverted Pushups On Elbows



Start in a kneeling position. Place elbows down on floor, put the web space of your thumb and index finger into the crease of your elbow on both sides. Then externally rotate your arms out until the hands meet. Interlace your fingers lightly. Straighten your knees while reaching your heels toward the floor. Your body should be in an upside down V with your abdominal muscles engaged and your neck lengthened. Be sure to keep your upper body in one long line. You should only hold 3-5 lbs of pressure on your head.

Lengthen your spine and push your elbows into the floor to lift your body out of your shoulder girdles. Hold for 3 counts, then release and sag into your shoulder girdles. Repeat 5 times. Do 3 sets with at least a 1-minute rest in between.



**Inverted Weight Shifts/**While holding the above position, shift your weight as follows: side to side, forward to backward, diagonal patterns and then make circles.

Start with a few shifts and progress as tolerated. You should feel no pain/strain in shoulders or neck. Remember to keep hands and feet on the ground.