



Four Point Opposite Arm and Leg Raise

Four Point Test Specific Corrective Exercises

Specific Correction	Name of Exercise	Description	Instructional Image
Arms only	Tabletop arm raises	Assume a hands and knees position and place a dowel across the back of the pelvis/hips. Shoulders are above hands and hips are above knees. Engage the core musculature and lift the one hand a couple inches from the ground. The pelvis needs to stay level in order to balance the dowel. Slowly lift the arm up until it is parallel with the body. Slowly lower the hand and resume the start position. Repeat 10 times each side. Gradually increase repetitions to 3 sets of 10 reps per side.	
Legs only	Tabletop leg raises	Assume a hands and knees position and place a dowel across the back of the pelvis/hips. Shoulders are above hands and hips are above knees. Engage the core musculature and lift one knee a couple inches from the ground. The pelvis needs to stay level in order to balance the dowel. Slowly lift the leg up until it is parallel with the body. Slowly lower the leg and resume the start position. Repeat 10 times each side. Gradually increase repetitions to 3 sets of 10 repetitions	

You can complete the above exercises at home, and you can add any exercises from the general core strengthening and stretching booklet to create a little at home workout.

