

Four Point Opposite Arm/Leg Raise Test

Corrective Exercises:

See Core Training Exercises in [Appendix A](#)

Arm Only

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.



Figure 1

Leg Only

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.



Figure 2

After these become easy, you can try doing an arm and a leg at the same time, as seen in Exercise 3 in [Appendix A](#).