

Extension in Lying (Cobra)

Starting Position: lying on your stomach on the floor. Rest up on your elbows with your forearms flat on the floor and extending slightly in front of you.

Action: as you inhale, push through your hands and straighten your arms, lifting your upper body off the floor. Be careful not to allow your shoulders to creep up towards your ears. Breathe out as you return to the start position.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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