PRONE – SUPINE TRANSITION

This movement takes place in the transverse plane and it's a switch from prone (Panther Walk) position to supine (Crab Walk) position. It combines the Supine and the Prone Body Weight Transfer movements. The only added element is the transition from one to another.

This is one way to switch from one position to the other, and it's an excellent exercise to mobilise the upper and lower back. However, there are other ways to transition.

Technical points:

Begin by aligning the body and elongating the spine. Lower yourself into a full squat (you can also practice the full squat a few times) and then in a Panther Walk position.

Step 1:

In the prone position or Panther Walk position, lift the left foot off the ground, keeping the support knee as close to the ground as you can, without touching the ground.

Left foot and leg travel forward and under the body, towards the right side. In the same time your body turns to face up. Another way to put it is threading the left leg under the body.

As you turn to face up, in a Supine (Crab Walk) position, the right hand lifts off the floor and the left hand twists/pivots on the floor. The support foot, right foot, also pivots on the spot.

Turn your whole body to face upwards in a Crab Walk position with the left foot and right hand off the floor**.** You can place them on the floor if needed.







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[Fig 93: Prone-Supine Transition]

Step 2:

Transition back from Supine (Crab) to Prone (Panther) position on the same route in reverse.

Thread the left foot under the body, placing the right hand back on the floor (or you can also keep it off the ground) while pivoting on the left hand and right foot and turning your body to face the ground.

As you turn, place the left foot on the floor (or you can also keep it up and ready to perform Step 1 of the movement again).

Finish in a Prone or Panther Walk position with the left foot and right hand on or off the ground and the support knee very close to the ground. This is the position you started in at Step 1.



[Fig 94: Prone-Supine Transition]

You can now continue transitioning back and forth as many times as you'd like. Make sure you perform the exercise on both sides.

Step 3:

In step 3 you don't stop to go back on the same route, now you continue the movement.

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Begin in a Supine (Crab) position. Thread the left leg underneath your body and finish in a Panther Walk position, as you did in Step 2. Now, instead of stopping in a Panther Walk position, continue the movement over and around your body. Keep your hips as high as you can and land with your toes first then the whole foot.

When the movement is finished you should be in a Crab Walk position. The foot that was in the air (left) now stays on the ground and the other foot (right) is up, ready to perform the same movement in the other direction, performing the circular movement with the other leg as well.

Now your right leg is stretched out, threads under the body, goes over the top and lands on the ground in a Crab Walk position.

Fig 95: Prone-Supine Transition shows the movement from both sides.



[Fig 95: Prone-Supine Transition]

As you land in your final Crab position ensure the bent leg is close to the body and the heel is on the ground.

At Step 3 you no longer stop in the Panther position, you just go through it. You begin in a Crab position and end in a Crab position. Remember that the leg moves under the body and not over. That's a different type of turning.

Benefits:

Mobilising hip and spine (lumbar and throracic)

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Strengthening feet, ankles, knees, hip stability muscles and upper body.

Stabilising, strengthening and mobilising the shoulder joint and mobilising and strengthening wrists and ankles.

Addressing the transverse place and mobilising the back.

Improving balance, posture and postural awareness and focus.

Strengthening core muscles and speeding up recovery from injuries.

Common errors and/or weaknesses to be aware of:

The following list addresses Step 1, 2 and 3.

- When hips are too low in Crab position there is no room for the foot and leg to move in and perform the transition, hips need to make room for the leg to pass.

- Hunching over. As with the Panther Walk the back should be kept in a neutral alignment as much as possible.

- Lifting the knee too high in prone position. Keep the knee as low as possible. This may not be possible straight away due to low strength. Staying focused on this element will slowly build the required strength.

- Head sinking into the shoulders in supine position. As with the Crab Walk, the neck shoulder be lengthened and shoulders stabilised, with lats activated. Head is out of the shoulders (not lifting the chin though) or, another way to put it, make space between the ears and the shoulders.

- At the end of the transition, when in supine or Crab Walk position, the support foot is too far away from the body and/or the heel off the ground. The foot should be close to the body, almost under the hip and the whole foot should be on the ground.

- When performing the circular movement the hips are very low. Strive to keep the hips as high as possible and ready with the toes behind the body, keeping the hips high. This comes with practice and improved mobility

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