

Cobra Stretch

*There are many modifications for this stretch. Please consult your Physical Therapist to see what is best for your child along with duration and frequency of the stretch.

Cobra Stretch

Have the child lie on their stomach with hands placed flat underneath their shoulders (Image 1). Instruct the child to lift their chest off the ground while they straighten their arms (Image 2). To enhance the stretch, have the child tilt head up towards the ceiling (Image 3). After completing the stretch instruct your child to slowly lower their body towards the floor (Image 1). The stretch should be felt in the child's chest and stomach as it is their core and hip muscle.

Image 1



Image 2



Image 3

