

### All Four Right AIC Pelvic Floor Respiratory Crawl

1. Position yourself on your hands and knees with your left hand and left knee close to each other and your right hand and right knee away from each other.
2. Breathe in through your nose and exhale through your mouth.
3. As you inhale through your nose, move your left hand forward and your right knee forward as you move and orient your body to your left or the counterclockwise direction.
4. At the end of inhalation, your right hand and right knee should be close to each other as your trunk remains sidebent to the left.
5. Begin to exhale through your nose as you move your right hand forward and your left knee forward as you continue to move and orient your body to your left or the counterclockwise direction.
6. At the end of exhalation, pause 4 to 5 seconds and repeat sequence 4 more times.

