

Cinderella Scrub

Equipment-
Hands

Hand Towel, Plastic Plate, or Glide Disc Slider for
Pillow, Bath Towel, or Mat for Knees

Position-

Quadrupled (Hands and Knees)
Knees on Pillow, Towel, or Mat
Hands on Hand Towel, Plastic Plate, or Glide Disc Slider

Movement-

Forward/Backward Scrub

1. Scrub hands forward and backward with arms straight keeping hands under shoulders. Scrubbing motion should come from torso flexing and extending. To increase intensity, lean forward placing more body weight on the hands.

Lateral Left/Right Scrub

2. Scrub hands left and right with the arms straight keeping hands under shoulders. Scrubbing motion should come from the torso rotating left and right not going farther than each knee. To increase intensity lean forward placing more body weight on the hands.

Circular Polish

3. Polish with hands moving in a short circular clock-wise motion. Polish motion should come from the torso

while maintaining the hands under the shoulders.
Repeat in a counter-clockwise motion. To increase intensity lean forward placing more body weight on the hands.

Prescription- 2-3 x's 30-60 sec for each movement