

Mayo Clinic Minute

Crawling to better health

Video	Audio
Vivien Williams	On all fours, babies can really move.
Dani Johnson Healthy Living Program Mayo Clinic	“Crawling is one of the tools that we use in rehabilitation all the time.”
Vivien Williams	Physical therapist Dani Johnson also uses crawling in her classes at the Mayo Clinic Healthy Living Program.
Dani Johnson	“Crawling on your hands and your toes is a great exercise for your core, for your shoulder girdles, for your hips. Really managing those developmental movement patterns of reciprocal movement back and forth.”
Vivien Williams	Johnson says crawling can be part of a total body workout. And, it’s something we forget how to do as we age and start sitting behind desks all day at work. Crawling fires up muscles many people haven’t used in years.
Dani Johnson	“Understanding how our bodies are meant to move and returning to those basics. So, it’s an absolutely wonderful exercise.”
Vivien Williams	Now, if you want to crawl, lift your knees off the ground so you’re on your hands and toes. It’s harder, but it builds strength so you can move more freely and safely. For the Mayo Clinic News Network, I’m Vivien Williams.