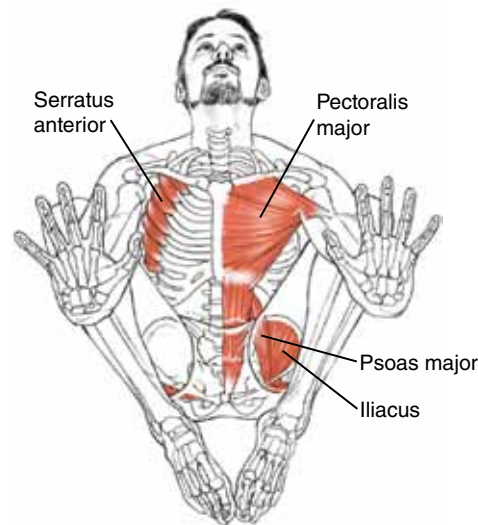
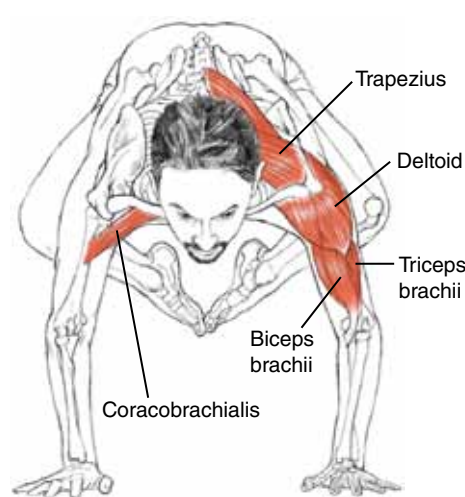
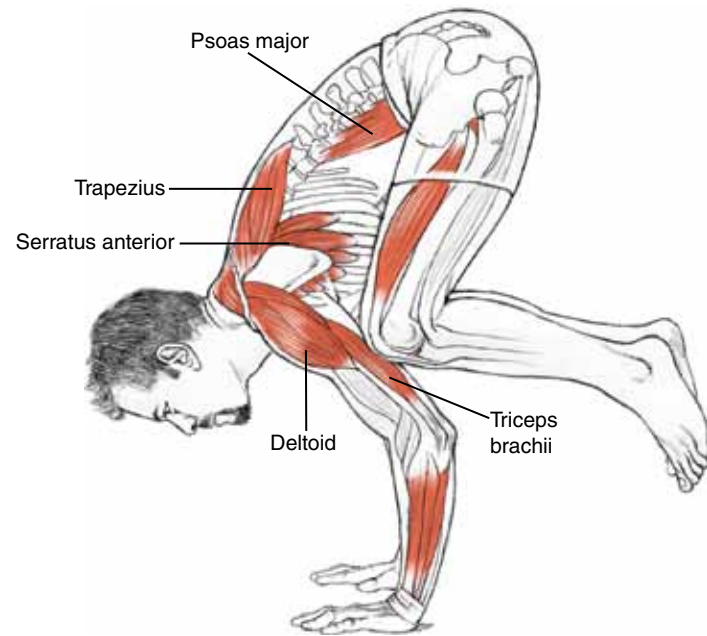


Bakasana

Crow Pose, Crane Pose

bak-AHS-anna

baka = crow, crane, heron



Classification

Symmetrical balancing arm support pose

Skeletal joint actions

Spine	Upper limbs	Lower limbs
Cervical extension, thoracic and lumbar flexion	Scapular abduction, shoulder flexion and adduction, elbow flexion moving toward extension, forearm pronation, wrist dorsiflexion	SI joint nutation, hip flexion and adduction, knee flexion

Muscular joint actions

Spine	
Concentric contraction	
To extend cervical spine: Rectus capitis posterior, obliquus capitis superior	To create deep flexion in lumbar spine: Psoas major (upper fibers), psoas minor, abdominal muscles, pelvic floor
Upper limbs	
Concentric contraction	
To abduct scapula: Serratus anterior, pectoralis major and minor, coracobrachialis	To pronate forearm: Pronator quadratus and teres
To stabilize and protect shoulder joint: Rotator cuff, deltoid	To maintain integrity of hand: Intrinsic muscles of wrist and hand
To extend elbow: Triceps brachii	
Lower limbs	
Concentric contraction	
To flex hip: Psoas major, iliacus	To flex knee: Lower hamstrings
To adduct and flex hip: Pectineus, adductor longus and brevis	

Notes

In bird poses (crow, eagle, rooster, peacock, etc.), common factors are flexion of the thoracic spine, abduction of the scapulae, and extension of the cervical spine. These actions require precision and strength in the muscles of the spine to achieve cervical extension without engaging the trapezius, which interferes with the action of the scapulae and arms.

Although the knees initially widen to come into this position, the final action of the legs is adduction, to hug the knees to the sides of the upper arms or outer shoulders.

Breathing

Because the thoracic region is maintained in flexion, breath movements in the rib cage are minimized in this pose. The lower abdomen is also stabilized somewhat by the deep abdominal and hip flexor action, but the upper abdomen is relatively free to move.