

## BRIDGING

Lie on your back with your knees bent. Put your feet flat on the floor about waist distance apart. Tighten the deep lower abdominal muscles. Squeeze your buttock muscles and lift your pelvis while maintaining a “neutral” lumbar spine. Do not allow the lower back to arch or sag.

If you get a cramp in the back of your thigh, lift your toes up off of the ground and concentrate on tightening the buttocks as you do the exercise.

Hold for \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.



Lift the toes

Tighten the buttocks, keep the pelvis level and do not let it sag.



*As you improve, you can straighten one knee while holding the bridge position.*

*Hold for \_\_\_\_\_ seconds, then alternate with the other leg.*

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Adapted from: Bookhout, M R. Course Notes: Exercise Prescription as an Adjunct to Manual Medicine