

Bridge

Strengthens pelvic stabilizers to decrease low back pain

- Lay on your back with knees up and heels one hands length from your buttocks.
- Shoulders should be contracted with palms facing the ceiling.
- Contract your abdominal muscles (bring your belly button towards your spine) and push through your heels to lift your buttocks off the floor until your abdominal area is flat. No pressure should be on your head/neck, the weight from your trunk is placed on your shoulder blade area.
- You should have a straight line from your knees, hips, core to your shoulders. If you do not have a straight line, reset yourself and try again. Push through your heels more and slightly contract your gluteal muscles if your buttocks is towards the floor. Be careful not to push your pelvis too far up.
- If you feel pain/pressure in your low back you are either pushing to far up and do not have a straight line from knees to shoulders or you are not contracting your abdominal muscles. Our goal is NOT to form an arch in the low back but to strengthen the muscles that support our trunk.

