



6

one leg bridge

From the bridge position, maintain the abdominal brace in order to keep your spine stable (figure 1). Have your arms at your side and turn them out so that the back of your thumbs are pressed against the floor. Spread your fingers as wide as possible. Slowly extend your left leg until it is straight (figure 2). Slowly lower your pelvis back down to the floor. Be sure to maintain the abdominal brace while you do this. It is also important not to let your back arch or flatten out at any time during the movement. Raise your pelvis back to the starting position and repeat. Continue bridging until fatigue or pain is experienced. Repeat with the right leg.

Instructions: _____

5105 - 48 Street • Box 2120 • Stony Plain, AB • T7Z 1X6
 tel. (780) 963-3466 / 963-6150 • fax. (780) 963-4102
 toll free tel. 1-888-858-3466

Dr. Clark R. Mills
 Dr. Robert Langenhahn
 Dr. Darryl Johnson
 Dr. Chad Kulak

bridge exercises

prepared for: _____

date: _____

note.
 If there is pain during or immediately after exercise, discontinue and report your symptoms to your doctor.



1 bridge

From the hook lying position, maintain the abdominal brace in order to keep your spine stable. Have your arms at your side and turn them out so that the back of your thumbs are pressed against the floor. Spread your fingers out as wide as possible (figure 1). Keep the spine in a neutral position and slowly raise your pelvis off the floor into the bridge position (figure 2). Be sure to maintain the abdominal brace throughout the entire movement. It is also important not to let your back arch or flatten out at any time during the movement. Slowly lower back to the starting position.

Instructions: _____



2 bridge with strap

From the hook lying position, wrap a strap or belt around your leg just above the knee. Maintain the abdominal brace in order to keep your spine stable. Have your arms at your side and turn them out so that the back of your thumbs are pressed against the floor. Spread your fingers out as wide as possible (figure 1). Keep the spine in a neutral position and slowly raise your pelvis off the floor into the bridge position (figure 2). Be sure to maintain the entire movement. It is also important not to let your back arch or flatten out at any time during the movement. Slowly lower back to the starting position.

Instructions: _____



3 bridge with heel raises

From the bridge position, maintain the abdominal brace in order to keep your spine stable (figure 1). Have your arms at your side and turn them out so that the back of your thumbs are pressed against the floor. Spread your fingers as wide as possible. Slowly raise your left heel off the floor (figure 2). Be sure to maintain the abdominal brace while you do this. It is also important not to let your back arch or flatten out at any time during the movement. Repeat with the right foot. Continue alternating the raising of the feet. Slowly lower back to the starting position.

Instructions: _____

bridge with steps

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From the bridge position, maintain the abdominal brace in order to keep your spine stable (figure 1). Have your arms at your side and turn them out so that the back of your thumbs are pressed against the floor. Spread your fingers as wide as possible. Slowly raise your left foot off the floor (figure 2). Be sure to maintain the abdominal brace while you do this. It is also important not to let your back arch or flatten out at any time during the movement. Repeat with the right leg. Continue alternating the leg extensions. Slowly lower back to the starting position.

Instructions: _____



bridge with leg extension

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From the bridge position, maintain the abdominal brace in order to keep your spine stable (figure 1). Have your arms at your side and turn them out so that the back of your thumbs are pressed against the floor. Spread your fingers as wide as possible. Slowly extend your left leg until it is straight (figure 2). Be sure to maintain the abdominal brace while you do this. It is also important not to let your back arch or flatten out at any time during the movement. Repeat with the right leg. Continue alternating the leg extensions. Slowly lower back to the starting position.

Instructions: _____

