

Active Health Solutions

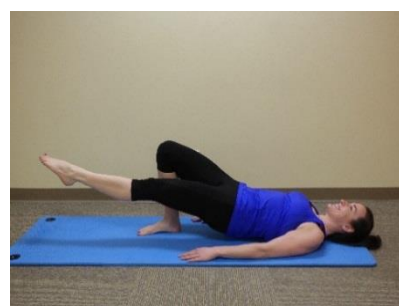
Lumbar Stabilization: Bridge Gluteals & Quadriceps



Make sure you...

- Maintain neutral pelvis.
- Maintain abdominal bracing/kegel.
- BREATHE.
- Drop down to an easier step if you cannot maintain proper form.
- Do the exercise slowly.
- STOP if pain is aggravated, but muscle burn is OK.

	Repetitions
	Sets
	Second Hold
	Times per day/week



1. Partial (short arch) bridge: lie on back, knees bent, slowly raise the lower pelvis and lumbar spine one segment at a time.
2. Full bridge.
3. Alternate heel lifts while holding bridge. This can be made more difficult by moving the heels closer to the buttocks.
4. Perform bridge, then lift one knee at a time toward the ceiling. Advance to “marching.”
5. Bridge up, extend one leg, keeping both thighs parallel, perform one-leg bridges or “dips.”
6. Holding bridge with straight leg, lower and raise leg.
7. Progress to placing the feet on sliders or a balance board.