

Bridge

A great exercise to build core strength and spinal health. This exercise will help you have more spinal stabilization in your body when bending to pick up a heavy item without throwing out your back.

Targeted muscles: Abdominal muscles lower back and glutes

Action Desired: Strengthening core muscles and build stability on your back

Steps

- 1)** Lie on your back, knees bent with feet flat on floor, hip-width apart (Fig. 1). Toes should be facing forward. Heels should come close to buttocks to make 90 degree at ankle.
- 2)** Abdominal Brace: Gently contract abdominal muscles, drawing your belly button towards your spine (Fig. 2). Feel the engagement of your abs from your ribs down to your groin. Engage muscle of the pelvic floor drawing in (Valsalva) as if to hold your urine.
- 3)** Upward Phase: Push thru your heels, without tilting pelvis, exhale. Lift your hips off the floor, keeping that gentle contraction in your abs. Go as high as you can without arching your back. Hold for 5-20 seconds and remember to breathe.
- 4)** Upward Phase Advanced: Place your right foot on top of your left knee. Lift your hips off the ground while pushing thru your left heel, making sure to keep your pelvis levelled (Fig. 3). Keep that gentle contraction in your abs, while going as high as you can without arching your back. Hold for 5-20 seconds and remember to breathe.
- 5)** Downward Phase: Exhale, slowly lower yourself back to starting position.

Repetitions: Perform three sets of 10-15 reps twice a day.



* If these movements cause any pain or discomfort, please consult with your chiropractor.