

Bridge Progression

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1: Gluteal Stretching in Supine

- Lie on back with knees bent
- Raise one foot up off surface
- Pull knee toward chest until a comfortable stretch is felt
- Hold 30 seconds and repeat 3 times per side

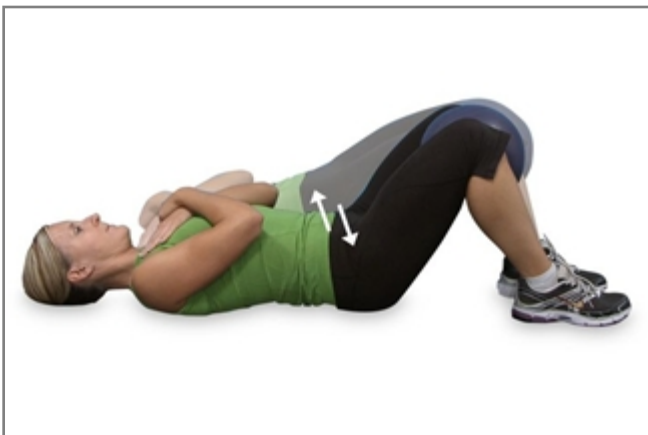
Sets: 1 Reps: 3 Sessions: 1 Everyday **Resistance:** As Tolerated **Hold Time: 30s Side: Both**



2: Bridge

- Lie on back with head supported and knees bent
- Tighten buttocks and raise hips toward ceiling about 8-10 inches
- Hold your bottom up for 5 seconds
- Repeat as 10 times

Sets: 1 Reps: 10 Sessions: 1 Every other day **Resistance:** As Tolerated **Hold Time: 5s**



3: Bridging with Ball between Knees

- Lying on your back, bend the knees to 90 degrees, ball between your knees
- Lift buttocks upward 8-10 inches off the surface, maintaining abdominal and buttocks contractions
- Hold your bottom up for 5 seconds
- Repeat 10 times

Sets: 1 Reps: 10 Sessions: 1 Every other day **Resistance:** As Tolerated **Hold Time: 5s**



4: Bridging with Leg Extension

- Lie on back with head supported and knees bent
- Tighten buttocks and raise hips toward ceiling about 8-10 inches
- Extend one knee while keeping hips raised and pelvis level
- Hold your bottom up for 5 seconds
- Repeat 10 times

Sets: 1 Reps: 10 Sessions: 1 Every other day **Resistance:** As Tolerated **Hold Time: 5s Side: Both**