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ORTHOPAEDIC SPECIALISTS OF NC

1501 North Bickett Blvd. Suite E ~Louisburg, NC 27549 ~Phone (919) 497-0445 ~Fax (919) 497-0118

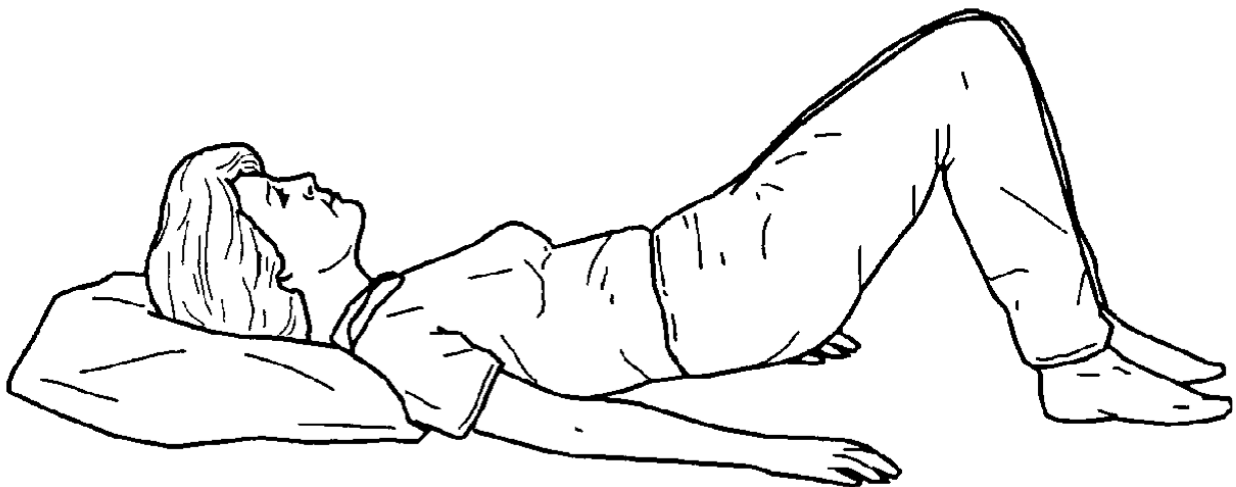
BRIDGING PROGRESSION

THESE EXERCISES WILL HELP STRENGTHEN YOUR LOWER BACK. BE SURE TO DO ALL THE EXERCISES WITH YOUR BACK IN A PAIN-FREE POSITION.

Do each exercise _____ times a day. Repeat each exercise _____ times. Hold each position for _____ seconds.

BRIDGE

- o Lie on your back with knees bent, feet flat on the mat, and arms at your sides.
- o Raise your buttocks off mat, keeping your lower back in a pain free position.
- o **Do not** allow your back to arch.



**If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.*

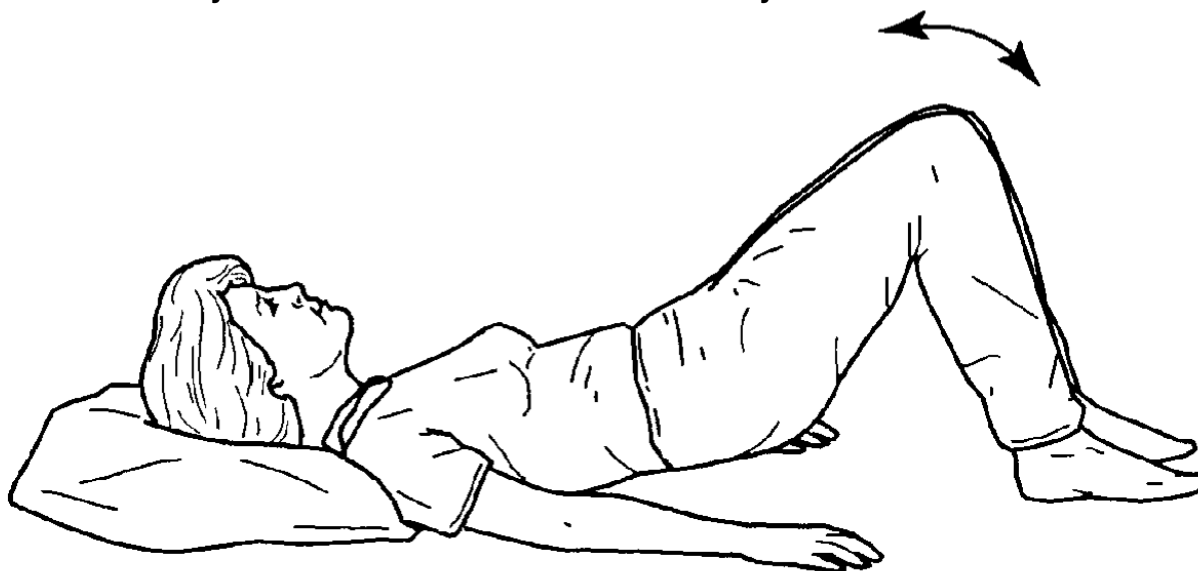


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BRIDGE WITH HIP INTERNAL AND EXTERNAL ROTATION

- o Lie on your back with knees bent, feet flat on the mat, and arms at your sides.
- o Hold buttocks 3-6 inches off the mat.
- o Slowly spread your knees apart and then squeeze your knees together.
- o **Do not** let your buttocks touch the mat or your back arch.

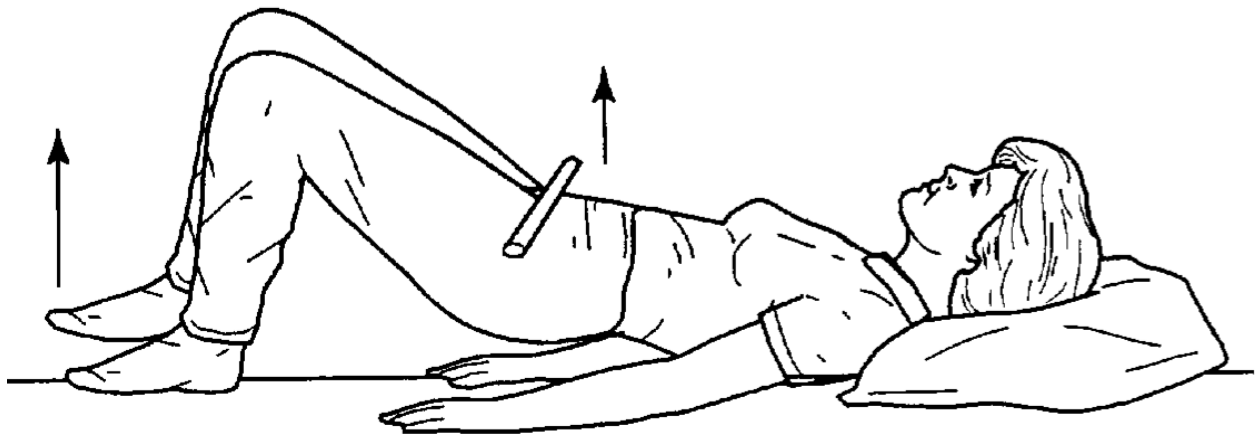


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BRIDGE WITH MARCHING

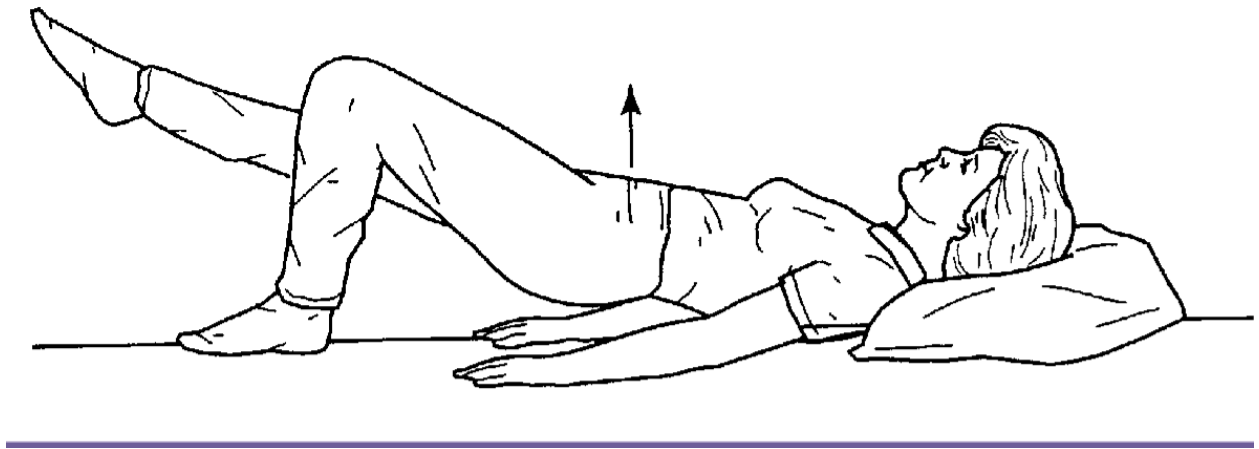
- o Lie on your back with knees bent, feet flat on the mat, and arms at your sides.
- o Place a dowel rod or yardstick across the lower portion of your stomach.
- o Slowly raise your buttocks off the mat and hold.
- o Slowly march



BRIDGE WITH STRAIGHT LEG RAISE

- o Lie on your back with one knee bent and the foot flat on the mat. The other leg is straight out.
- o Raise the straight leg 3 inches off the mat and hold.
- o Slowly raise your buttocks off the mat.
- o Switch legs.

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