

Side-Bridge Track: Gluteus Medius, Quadratus, Lumborum, Obliques

Side Bridge (Basic Program)

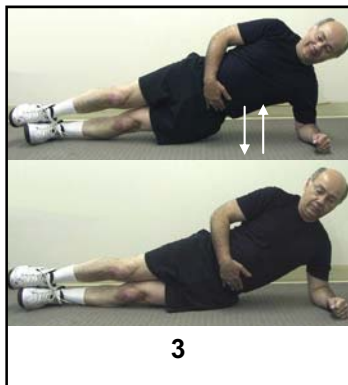


1



2

1. Knees bent
2. Leg straight
3. Perform dips
4. Rotate pelvis
5. "Log roll"
 - against wall (see 5A)
 - on floor (see 5B)



3

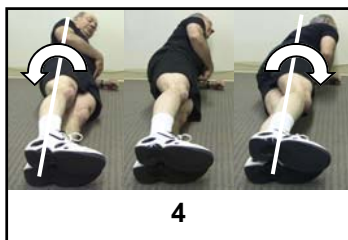
Make sure patients...

- Maintain neutral pelvis.
- Maintain abdominal bracing/hollowing.
- Breathe properly.
- Push pelvis forward.
- Do the exercise *slowly*.
- Log roll—shoulders and hips must stay in the same plane.

Prescription

_____ repetitions (8-30)
 _____ sets (1-3)
 _____ seconds held (1-10)
 _____ times per day/week
 (1-3/dy; 3-7/wk)

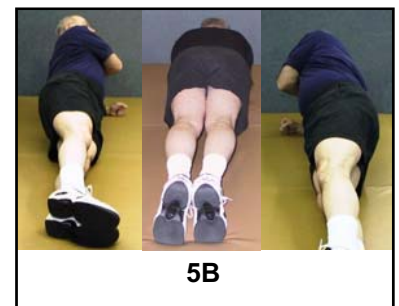
STOP if patient shakes, loses form or back pain is aggravated (a muscle burn is okay).



4



5A



5B

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