

Erbst OrthoSport



Bridge/Single Leg Bridge

Lay on your back with your heels close to your buttocks. Posteriorly rotate your pelvis, flattening your lower back against the floor. Maintain this pelvic position, then push through your heels and raise your hips towards the ceiling. Hold for _____ seconds.

Single leg: Perform exercise as above, but keep one leg straight with your thighs parallel as you lift your hips. Maintain posterior pelvic tilt.

To achieve a quadriceps stretch, keep both feet on floor, hip width apart. Bring knees together and maintain this position as you bridge. Hold for 10 seconds. Repeat 6 times.

Repeat _____ times per set. Perform _____ sets, _____ times per day/week.

Erbst OrthoSport Physical Therapy

www.erbstorthosport.com