

Lower Back 9 Bridge

exercises to be carried out only under the instruction of your chiropractor

Using the co-contraction technique, (see sheet Lower Back, 6 Co-contraction exercise) the following exercise will give you more dynamic stability.



- A** Lie on the floor. Bend your knees up and keep your feet flat on the floor.



- B** Pull your pelvis up off the floor without arching your back.
Co-contrast.



- C** Whilst maintaining co-contraction, slowly extend your right leg up straight. Return back to position.

Relax and repeat with the other leg.

Repeat 10 times