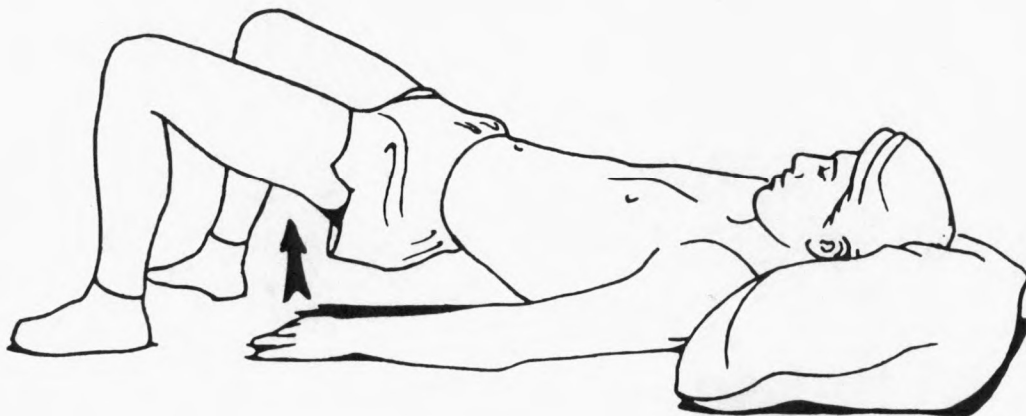
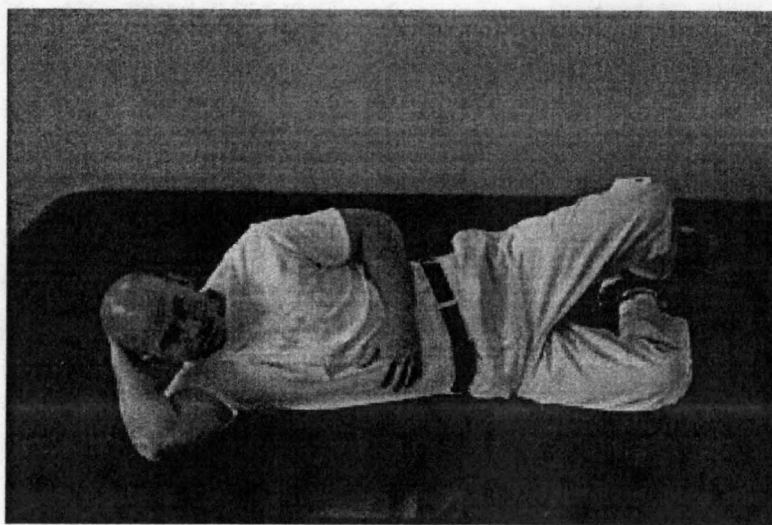

TRUNK STABILITY - 9

Bridging



Slowly raise buttocks from floor, keeping stomach tight.
Hold _____ seconds.

Repeat 10 times perform 3 sets.



Lie on your no affected side with your knees bent and one leg lying on the other. Keep the feet together as you lift the top knee away from the bottom one. Do not allow the pelvis to roll backwards.

Perform 3 sets of 10-15 reps.