

Exercise Prescription: Knee Squeeze Bridge

Purpose of Exercise:

This exercise helps to properly activate the gluteal muscles in order to enhance pelvic movement, function, and stability.

Frequency:

5-10 reps, 3-5 times per day.

Starting Position:

Lying on your back with your shoulders down away from your ears and your chin tucked in line with your spine. Bend knees and place feet flat on the floor with heels approximately 6 inches away from the bum, feet hip-width distance apart, toes pointing forwards. Place a small ball between knees.

Exercise Description:

Inhale, fill belly like a balloon, lower ribs out to the side, fill pelvis with air, exhale, kegel lift. On an exhale with a kegel, lift your bum off of the ground. Do not curl up vertebrae by vertebrae. Lift your torso as one piece. Maintain a squeeze on the ball between your knees. Inhale and lower back to the ground.

Remember that some minor new pains or discomfort during the exercise are normal and expected. You are waking up muscles that you don't normally use. If the discomfort worsens with each repetition, discontinue exercise and notify your chiropractor.

Picture:

