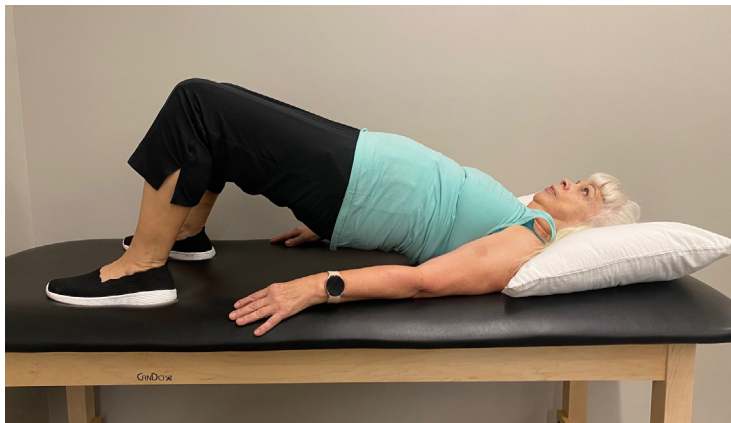
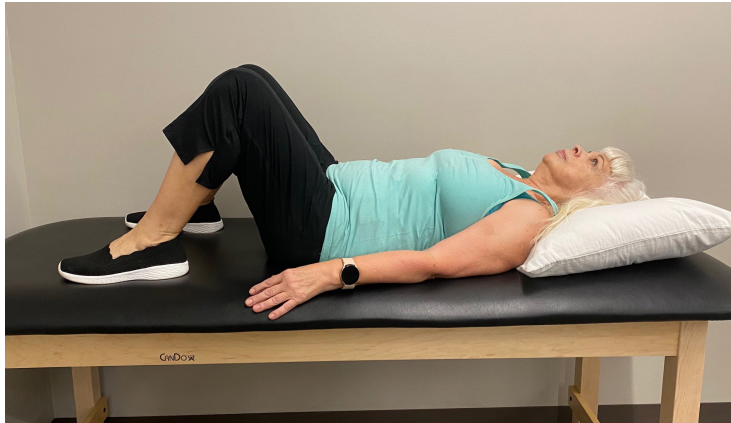


BRIDGE



1. Lie on back. Bend knees, feet flat on bed, shoulder width apart. Arms rest at sides.
2. Squeeze buttock muscles, slowly lift hips about 3-5 inches.
3. Pause. Slowly lower hips. Relax muscles.
4. Repeat. Work up to 3 sets of 5. Take a break between sets.

GOOD FOR

- Getting up from a chair
- Getting out of bed, rolling over
- Improve bladder and bowel control
- Strengthen pelvic floor muscles

REPEAT

2-3 times daily

TIPS

- Slow & controlled movement
- Keep breathing - exhale while lifting
- Do on floor if bed too soft & can get up from floor
- Squeeze buttocks before lifting to protect lower back

READY FOR MORE?

Hold lift longer before lowering

Increase to 3 sets of 10