



BRIDGES: GLUTEAL STRENGTHENING



Get that Buttocks Active with Bridges!

Program built by Dr. Jennifer Prewitt, PT, DPT, OCS

- 1. Lie on your back with your knees bent 90 deg. Feet and knees should be about shoulder width apart. Arms can be down by your sides to assist with balance.** NOTE: This exercise can be performed on your bed or the floor.
 - 2. Pull your belly button in toward your spine (to activate your core). Breathe normally. Slowly lift your hips/ buttocks into the air.** Your focus is not on lifting as high as possible. Your aim is to be able to perform this exercise with core and buttock activation and NORMAL breathing.
 - 3. Slowly lower your hips back down.**
 - 4. Recommendation.** Start with 10. Progress to 3 sets of 12-15. Perform every other day.
- NOTE: This exercise sometimes triggers hamstring cramping. If you get cramping in your hamstrings, do not push through this. Do not push through sharp low back pain with this exercise.**

Why is this Important?

Gluteal Strengthening May Do the Following:

1. Improve lumbopelvic support to decrease low back pain
2. Increase hip strength that decreases hip pain
3. Increase strength to help with functional activities, such as getting out of a chair, getting in and out of bed, walking, and going upstairs
4. Ensure proper gluteal activation to decrease risk of hamstring injury
5. Improve leg alignment to decrease knee pain & injury
6. Improve control of pelvic floor (bladder control)
7. Improve balance ability