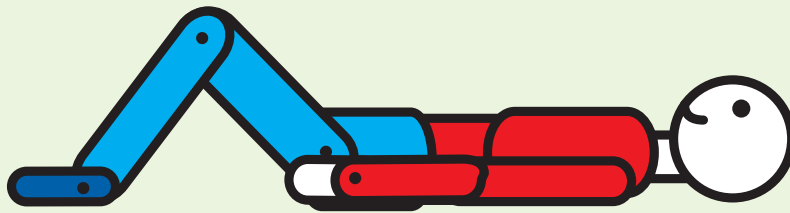


Exercise 3

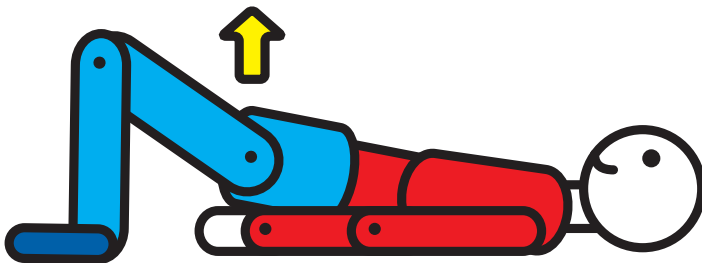
Bridging

Starting position: Lying with knees bent up and feet flat on floor/bed about 12" (30cms) apart



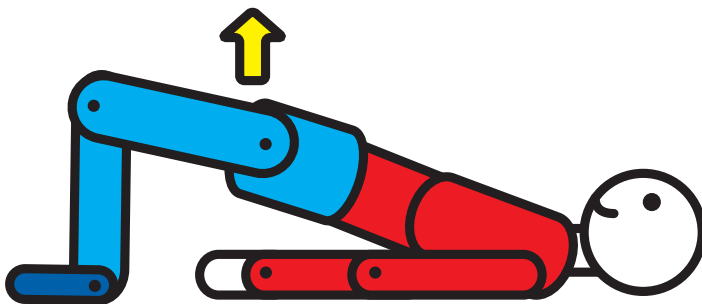
Step one

Tighten your buttocks, then raise them off the floor to form a bridge, then hold.



Step two

Then let down slowly. Repeat 3-5 times.



Be sure to raise straight up and down - try not to waver!

If you have problems/concerns, talk to a physiotherapist.