Bridging Progression

- Lie on your back with both knees bent and feet flat on the mat.
  Raise your buttocks off mat, keeping your lower back in a pain free position.
  **Do not** allow your back to arch.
  Hold for _____ seconds.
  Repeat _____ times.

- Lie on your back with both knees bent and both feet flat on the mat. Keep both arms at your sides.
  Hold buttocks 3 to 6 inches off the mat.
  Slowly spread your knees apart and then squeeze your knees together.
  **Do not** let your buttocks touch the mat or your back arch.
  Repeat _____ times.

More on next page ➔

Learn more about your health care.
Lie on your back with both knees bent and feet flat on the mat.

Place a dowel rod or yardstick across the lower portion of your stomach.

Slowly raise your buttocks off the mat and hold.

Slowly march your feet in place.

Hold for ____ seconds.

Repeat _____ times.

Lie on your back with one knee bent and the foot flat on the mat. The other leg is straight out.

Raise the straight leg 3 inches off the mat and hold.

Slowly raise your buttocks off the mat.

Hold for ____ seconds.

Repeat _____ times.

Switch legs.

Talk to your doctor or others on your health care team if you have any questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.