

Supine Bridge



Lie on your back with your knees bent and heels close to your bottom. Your feet should be shoulder-width apart and flat on the floor.

Raise your hips to create a straight line from your knees to your shoulders. As you come up, tighten your abdominals and buttocks. Lower yourself gently to the starting position. Repeat 8 to 10 times, 2-3 sets.

Tips:

- don't let your knees point outwards
- keep your chin slightly tucked in
- contract your buttocks, not your hamstrings, as you rise

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

Dr. Ralph has also put together a home care kit that includes a small foam roller, balance disc, and bands that we are offering at our cost of \$30.00 and at this time we are offering no contact drop off service for the kit.

We are currently back to seeing routine and maintenance patients. Please feel free to call 770.565.8151 if you have any questions about this exercise, our schedule, or our home care kit.