

# Bridging

To start the bridging exercise, lie on the floor with back flat, knees bent and feet flat on floor. Place a pillow under your head to prevent neck from arching back.



Tighten the muscles of your lower abdomen and buttocks so as to flatten your low back. Slowly raise low back and buttocks from the floor and hold for ten to thirty seconds. Slowly relax. Do as many sets or repetitions as recommended by your doctor.

