

Side Bridge

Patient is side lying with weight on the down side elbow and down side knee. Knees are bent and feet even with buttocks. Patient hip hinges out to increase the difficulty and activate down side oblique abdominals.

Modified Side Bridge

Similar to above only modifications are done with down side and/or up side leg are 90° in change the difficulty level. Elbow position varies also.

Modified Side Bridge with reach/crawl

Side bridge variation with total support on down side elbow and flexed knee. Body moves up and over support points with neutral spine and oblique abdominal chain activation.

