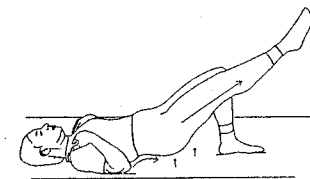
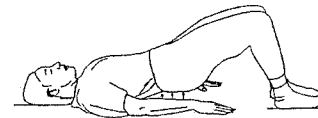
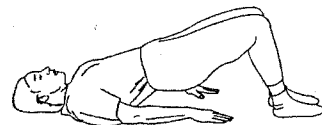
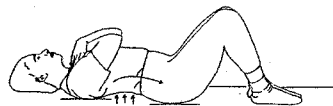


## STRENGTHENING THE GLUTEAL MUSCLES & PELVIS: BRIDGE TRACK



### Figures A./B. Exploring your neutral pelvic position.

1- To find the neutral pelvic position, lie on your back with your knees bent and arms at your side (fig. A). Gently press the small of your back into the floor as far as possible and pause briefly.

2- While maintaining the same body position, gently arch the small of your back a and pause briefly (fig. B). Avoid ranges of motion that are painful!

3- Find a point in between the positions shown in figure A and B that is comfortable for you. Hold that position and pull the lower abdominal region inward. This is referred to as "abdominal hollowing".

(Repetitions: Hold for \_\_\_\_\_ secs. & \_\_\_\_\_ X \_\_\_\_\_ per day).

### Figures C/D

1-While maintaining your "neutral pelvic position" as shown in figs. A./B., raise your pelvis slowly off the floor and briefly hold this position as shown in fig. C.

2-Continue to maintain your "neutral pelvic position" and slowly lower your pelvis to slightly off the floor and hold this position briefly as shown in fig. D.

3-Repeat steps as shown in figs. C. and D.

(Repetitions: Hold for \_\_\_\_\_ secs. & \_\_\_\_\_ X \_\_\_\_\_ per day).

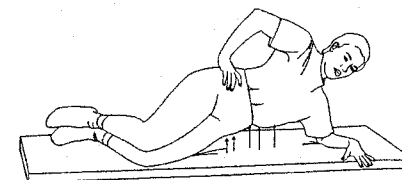
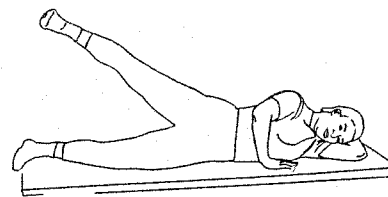
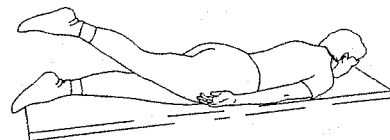
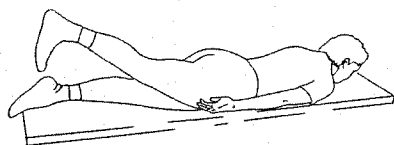
### Fig. E

1-Repeat steps as shown in figures A through D while one leg is extended as shown in fig. E. Continue to maintain the "neutral pelvic position".

2-Repeat the exercise with the other leg.

(Repetitions: Hold for \_\_\_\_\_ secs. & \_\_\_\_\_ X \_\_\_\_\_ per day).

## FLOOR TRACK



### Fig. A. (G. maximus - hip extension conditioning)

1 - Lie face down on the floor or exercise mat with your arms at your side as seen in Fig. A.

2 - Flex the toes towards the shin while extending the knee and raise the entire leg off the floor from the hip.

3 - Don't over-extend the low back, bend the knee or raise/roll the pelvis off the floor

Right, Left, Both (hold \_\_\_\_\_ secs. \_\_\_\_\_ X \_\_\_\_\_ per day).

### Fig. B.

1 - Lie face down on the floor or exercise mat with your arms at your side as seen in Fig. B.

2 - Extend the foot while extending the knee. With the foot and knee secure, raise the entire leg from the hip. Don't over-extend the low back, bend the knee or raise/roll the pelvis off the floor.

Right, Left, Both. (hold \_\_\_\_\_ secs. \_\_\_\_\_ X \_\_\_\_\_ per day).

### Fig. C. (G. medius - pelvic stability)

1 - Lie on your side with the bottom leg slightly bent and the top arm under the head as seen in Fig. C.

2 - The right heel, knee, hip and shoulder should be in aligned.

3 - With the foot flexed and knee secure, raise the entire leg from the hip.

4 - Faulty movements occur if the leg draws forward, the toes rotate upward or the hip hikes upward.

Right, Left, Both (hold \_\_\_\_\_ secs. \_\_\_\_\_ X \_\_\_\_\_ per day).

### Fig. D. (Quadratus lumborum - pelvic stability)

1 - Lie on your side with both legs slightly bent, right hand on the hip and left arm supporting the trunk as seen in Fig. D.

2 - Raise the right hip off the floor and hold. The arrows in Fig. D. demonstrate which muscles are contracted when done properly

3 - Faulty movements occur if the body rolls backwards or forwards.

Right, Left, Both (hold \_\_\_\_\_ secs. \_\_\_\_\_ X \_\_\_\_\_ per day).