

Bridging with Ball Squeeze

Starting position: Lying on your back with knees bent to 90° and feet on the floor. Hold a ball between your knees.

Action: Gently squeeze the ball between your knees and lift your buttocks and lower back off the floor. Hold for 10 seconds. To progress this exercise, once you have lifted the buttocks, try lifting one foot off the floor and extending the knee without losing your position.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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