

Single Leg Bridge

Starting position: Lying on your back with both knees bent and feet about shoulder width apart.

Action: Tighten the buttock muscles then lift your hips and lower back off the floor until there is a straight line from the front of your shoulders, through the hips, to the knees. Lift the left foot off the floor and straighten the knee, such that all the weight is held on the right leg. Hold 10 seconds, then lower the left foot back to the floor and use both legs to slowly lower yourself back to the starting 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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