



midwest
Sport & Spine

Advanced Glute Bridge

This exercise is a great high level exercise teaching the brain how to engage the glute muscles to extend the hip. It is common to use the low back muscles instead of the glutes to extend the hip while walking. This is a very common cause of low back pain. Perform 3 sets of 10.

(1) Begin laying with you back flat on the ground, arms at your sides, and on one side your hip and knee bent as shown. The other leg should be extended. Next contract your abdominal core.

*Do NOT let your low back round when lifting your pelvis off the ground. Your back should remain flat.

(2) Next, push your shoulders into the ground while squeezing your glutes to elevate your pelvis off the ground. Keep your back flat, and your pelvis horizontal. You are not getting the full contraction if the pelvis droops on the side with the extended leg.

*Perform this exercise slowly to emphasize the gluteal squeeze.



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