

# Low Oblique Side Bridge



On the floor, position your body to where your bottom/down-side hip and knee are flexed up to 90 degrees or to your comfort. Your elbow will be your other support point, it is in line with the hip and top-side knee. The elbow should be about 90-120 degrees from the body. While in this position, focus on a straight spine so there is no bending. Actively push the floor away through your elbow to stay tall through the down-side shoulder keeping in rolled down and back. This position will activate your shoulder blade stabilizers. The downside neck muscles should not be tense during the exercise.

Pressing through your down -side knee and elbow, lift and hover hips off the table and hold for 5 seconds. While keeping spine straight and staying tall in the shoulder, slowly lower hips back to the table. Repeat this 10 times and flip to perform on the other side, or whatever your chiropractor recommends.



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