



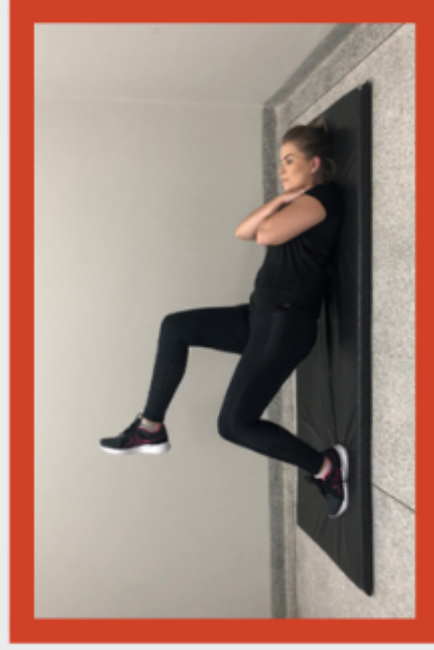
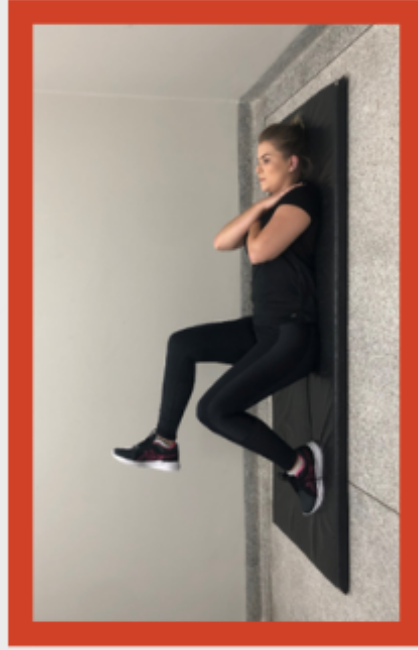
# BRIDGE EXERCISE

## LEVEL 4 - ONE LEGGED BRIDGING

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### INSTRUCTIONS

- Lay down on the floor
- Cross your hands over the chest
- Tighten bottom muscles
- Tuck bottom under and lift hips up **with one of the legs bended towards the chest**
- **Don't let hips rotate or drop**
- **Don't arch your back at top of bridge**
- Lower back down with bottom muscles



**Sets: 3**

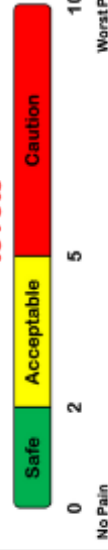
**Repetitions: 12**

**Rest for: 60 seconds  
between sets**



### 5 TIPS TO MONITOR YOUR KNEE CAP PAIN DURING EXERCISE

Use this scale to guide acceptable pain levels



- 1 Ideally keep pain < 2/10 during your activities if possible
- 2 Do not exceed 5/10 pain during exercise
- 3 Pain should return to normal levels 60 minutes post-exercise
- 4 Pain should not be increased the following morning post-exercise
- 5 Do your physical activities based on your pain response

These numbers will help you as a guide, however, it may vary from person to person.