



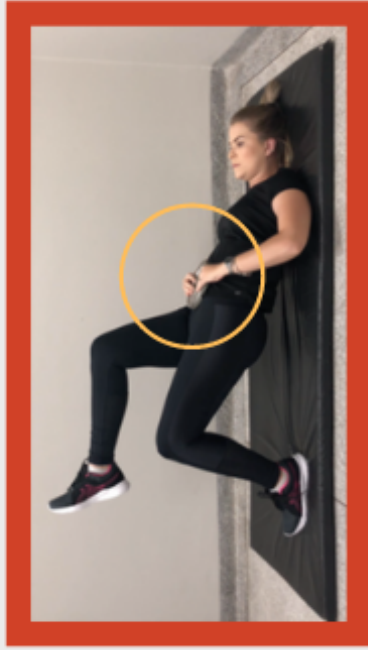
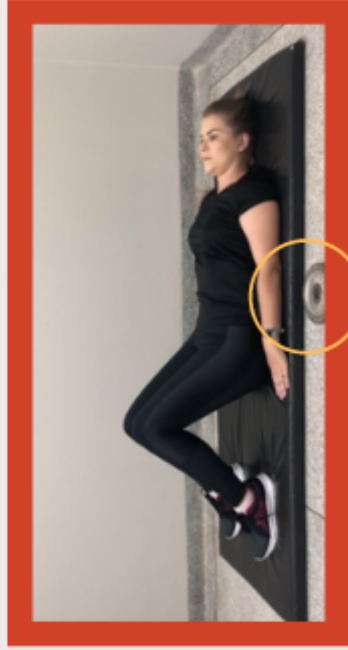
BRIDGE EXERCISE

LEVEL 6 - WEIGHTED ONE LEGGED BRIDGING

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INSTRUCTIONS

- Lay down on the floor
- Add some weight on top of hips (i.e. plate at gym or large bag of rice at home)
- Hold the weight
- 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.