

Single Leg Bridges

Lie on your back with one knee slightly bent. Your other leg should be straight out on the floor. Bring your arms across your chest, **slowly** drive your hips and straight leg up off the floor. Hold for up to 20 seconds (4 deep breaths), then bring back down. Switch legs and repeat.

Frequency: 3 sets, each side, daily. As tolerated.

Modified version: Place arms at sides, palms down.

