

Unstable and Weak Low Back – Strengthening and Stabilising Exercises 6

Lateral Stability

Side Bridge



Fig1 and 2

Starting position (Figs 1 and Fig 2)

Lie on your side with the hips and knees flexed, one leg lying on top of the other. Your upper body is propped up on your elbow and your shoulder is supported by forceful downwards pressure from the other hand. Tilt your pelvis to form a straight line between the shoulders and the pelvis and do not 'sag' downwards

Side Bridge Remedial Exercise

Open Clam



Fig 3

Whilst holding the side bridge starting position, raise your upper thigh. Feel for the contraction of the gluteus medius (this is shown by the Dr Finn when you visit for your appointment or in the Fit Spine class) whilst also feeling the back muscles contracting.

End position of the ½ Side Bridge

From the starting position (Figs 1 and 2) rise forwards and upwards, to the end position



Fig 4

The spine should be in neutral and back muscles engaged at all times as the hips are extended to lift the trunk. This exercise works on your oblique's whilst using less compressive forces than a traditional sit-up with rotation.

Side Bridge Advanced



Fig 5

Once you have mastered the side bridge, it can be made more difficult by extending the knees and increasing leverage on the lumbar spine. From the side lying position prop yourself up on your elbow as before then lift your pelvis vertically as far as possible. Ensure your body remains in line and does not rotate.