

Patients name:

Program date:

Shoulder bridge

Starting position: Rest position. Centre engaged.

Level 1

- INHALE to prepare
- EXHALE, gently roll your lower back into mat, scoop your tailbone upwards and continue to peel your spine off the mat, bone by bone until you are resting on your shoulder blades
- INHALE and hold the shoulder bridge position
- EXHALE, lower the shoulder bridge by lowering one bone at a time to the mat, beginning with the highest vertebrae of your bridge and finishing with your tailbone to return to neutral position.

Reps: 10

Tips

- Imagine the spine is a string of pearls and you are lifting this string of pearls off the mat pearl by pearl
- Your hips should always be higher than your ribcage in the bridge position
- Keep your collarbones wide and the back of your neck long through out
- Imagine a harness suspended from the ceiling lifting and supporting the pelvis in the bridge



Therapists signature _____