

Shoulder Bridge Can-Cans



Reps:

Sets:

Duration:

Instructions

1. Inhale, then exhale and lift pelvis off ground
2. Maintaining lift of pelvis, lift and extend one leg, flexing the foot back.
3. Lower leg and repeat with the other leg.
4. Continue alternating legs as directed by your therapist.

Position: Lay on your back with your knees bent, feet hip width apart (keeping ankle, knee, hip and shoulder in alignment), lower body stays relaxed, your arms are out to your sides at a 45 degree angle, palms up.

Purpose: Promotes bilateral extension of the pelvis and the thoracic spine; engages core and primary hip flexors; establishes kinetic chain through legs and pelvis.