

Side Bridge

Keep elbow and upper arm 90° to floor to protect shoulder.



From bent knee position



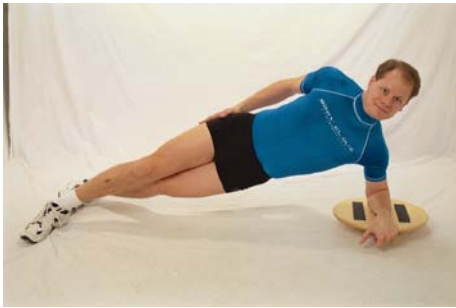
from straight leg position



press up to straight line position



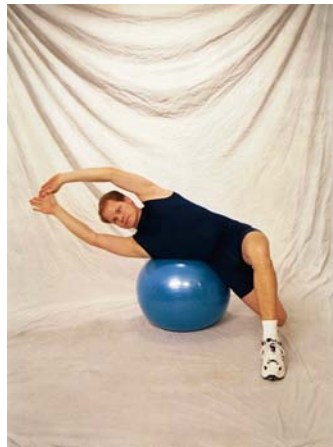
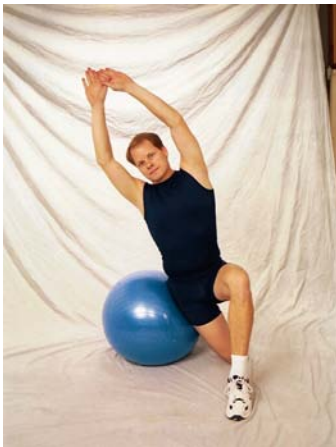
After 10-12 repetitions, turn to the other side and repeat without stopping.



Increase the difficulty level with a wobble board or add hip abduction.



Keep elbow under shoulder and avoid too much trunk flexion.



Side bends over an exercise ball may be better tolerated for those with shoulder problems.