

Unstable and Weak Low Back – Strengthening and Stabilising Exercises 7

Rotational Stability

A good exercise for rotational stability is the advanced supine bridge.

Supine Bridge



Fig 1

Lie on your back -bring your knees up and the heels back towards the buttocks. Your pelvis is tilted to flatten the lower back and then raise your pelvis as high as possible without releasing the pelvic tilt and allowing lumbar extension. If you feel tightness in the front of the thigh – this is common and usually a sign that the exercise is being done correctly. Do not allow full knee flexion to be lost as this will encourage use of the hamstrings rather than the buttocks.

Advanced Supine Bridge



Fig 2

Once you have mastered the supine bridge, extend one leg and hold for 5-10 seconds. You need to maintain the position and not allow rotation or sagging of the pelvis on the opposite side.