

Modified Oblique Side Bridge



On the floor, position your body to where your bottom/down-side hip and knee are flexed up to 90 degrees or to your comfort so there is no pinching in the front of your hip. Your elbows will be your other support points, they are directly under the shoulders make sure to have fingers spread and palms facing each other. While in this position, focus on a straight, long spine so there is no bending. Actively push the floor away through your elbows to stay tall through the shoulders keeping them rolled down and back. This position will activate your shoulder blade stabilizers. The neck muscles should not be tense during the exercise.

Pressing through your down-side knee and hand, lift and hover hips off the table and hold for 5 seconds. While keeping spine straight and staying tall in the shoulder, slowly lower hips back to the table. Repeat this 10 times and flip to perform on the other side, or whatever your chiropractor recommends.



In Motion Spine & Joint Center

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