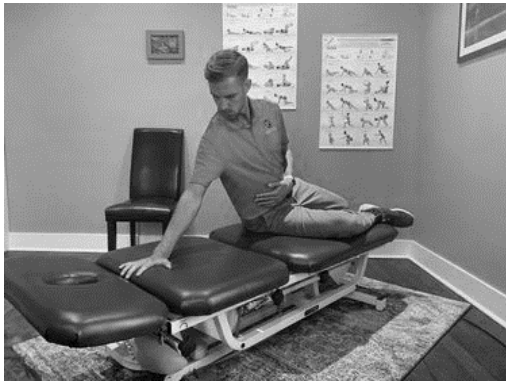


# High Oblique Side Bridge



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 hand will be your other support point, it is in line with the hip and top-side knee, make sure to have fingers spread and press through the entire hand. The hand should be about 90-120 degrees from the body. While in this position, focus on a straight, long spine so there is no bending. Actively push the floor away through your hand to stay tall through the down-side shoulder keeping in rolled down and back. The elbow should be slightly bent with the crease facing the thumb. This position will activate your shoulder blade stabilizers. The downside 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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