

Lumbar Spine Instability 7

Rotational Stability

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

Supine Bridge (Fig 18)

The patient lies supine and brings the knees up and the heels back towards the buttocks. The pelvis is tilted to flatten the lower back and then the pelvis is raised as high as possible **without** releasing the pelvic tilt and allowing lumbar extension. Patients will often complain of tightness in the front of the thigh but 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.



Fig 18 – Supine Bridge

Advanced Supine Bridge (Fig 19)

Once the patient has mastered the supine bridge one leg is extended and held for 5-10 seconds. Care must be taken to ensure good rotational stability and not allow the pelvis to sag on the opposite side and lead to rotation.



Fig 19 Advanced Supine Bridge