

Core Exercises 4

Hip Bridge : Glute Strength • Hip Stability • Core Support

Patient Name: _____ **Date:** _____

Purpose:

The Hip Bridge exercise strengthens the gluteal muscles, hamstrings, and deep core muscles. It supports the lower back and improves hip stability for daily activities such as walking, standing, and lifting.

Starting Position:

- Lie on your back on a firm surface • Knees bent, feet flat on the floor • Feet hip-width apart • Arms resting by your sides • Palms up

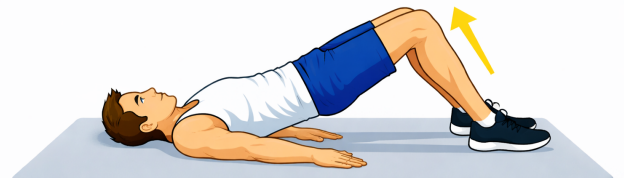
Instructions:

- Gently tighten your abdominal muscles.
- Squeeze your buttock muscles.
- Push through your heels and slowly lift your hips upward.
- Raise until your body forms a straight line from shoulders to knees.
- Hold for 5-8 seconds while breathing normally.
- Lower slowly back to the starting position with control.

10 repetitions. 1–3 x sets

Frequency: _____ x Daily

Progressions: Single-Leg Bridge: Perform the bridge with one leg lifted for higher difficulty. Weighted Bridge: Place a dumbbell, kettlebell, or barbell across your hips. Banded Bridge: Place a resistance band above the knees to target the gluteus medius.



Technique Checklist:

- ✓ Knees stay in line with hips (do not let them fall outward or inward)
- ✓ Weight stays through the heels
- ✓ Core gently engaged
- ✓ Movements slow and controlled
- ✓ Breathing steady
- ✗ Do not arch your lower back excessively at the top
- ✗ Stop if you feel sharp pain in the back, hips, or knees
- ✗ Avoid pushing into pain
- ✗ Use a smaller lift if recovering from back injury