

## Tennessee Back Pain Center

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### Glute Bridge – Exercise Instructions

- This exercise will be performed lying on your back.
- Put your feet flat on the floor with a bend in the knees.
- Arms by side with hands at the waist.
- Breathe into belly
- Keep head flat on floor
- From here, drive hips/pelvis up slowly and with stability till the angle between your sternum, hips, and knees is a straight line.
- Drive through the heels, using your glutes to bring your hips up to even with your knees.
  - You should feel this exercise in your butt. If you feel it more in your hamstrings, put a foam roller or folded pillow between your knees.
    - You can also wrap a band around your knees.
- Don't use your hands or arms to help with this exercise.
- Hold this position for 2-3 seconds then return to the starting position.
- Reset if needed.
- Repetition
  - Perform 10 reps of this exercise
  - 10 repetitions = 1 set
  - Perform 1 set 3 different times per day or as prescribed by your doctor.
- Note:
  - You should feel this exercise in your butt. If you are feeling it more in the back of your legs (aka your Hamstrings), please stop and consult your doctor.
  - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.

### Banded Glute Bridge – Exercise Instructions

- If your doctor recommended doing this exercise with a band, place the exercise band in a loop around your thighs, just above your knees.
- Follow the same instructions as above.



# Glute Bridge



