

MARIN PHYSICAL THERAPY

Lower Extremity Stabilization Training

___ Sets ___ Repetitions



1. Bridging. Knees and feet shoulder width apart.



2. Bridging with theraband. Hips and knees shoulder width apart.



3. Single leg bridge. Body in a straight line from shoulders to foot.



4. Ball bridge. Knees remain at 90 degrees. Don't allow ball to move.