Bridge Exercises

One of the best ways to prevent knee pain is by strengthening the muscles that support the knee joint. Bridge and marching bridge exercises can help you strengthen the hamstring, quads and gluteal muscles. Talk with your doctor if knee pain persists for more than seven days.

**Bridge**

Lie on your back with knees bent. Keeping your abdominals tight, raise your hips and lower back from the floor.

Hold this “bridge” position for 5 seconds before lowering your body down to the floor. Repeat the bridge 10-25 times, completing 2 sets, 3 times a week.

**Bridge with March**

Rise into the bridge position. Lift one leg to the height of your opposite knee, keeping your hips level.

Hold the position for 5 seconds, before returning foot to the surface. Remaining in the bridge position repeat with the opposite leg. This will create a “marching motion.”

Complete up to 5 marches on each side before lowering your body to the surface. Perform 2 to 3 sets of the exercise, 3 times a week.