

BACK BRIDGE

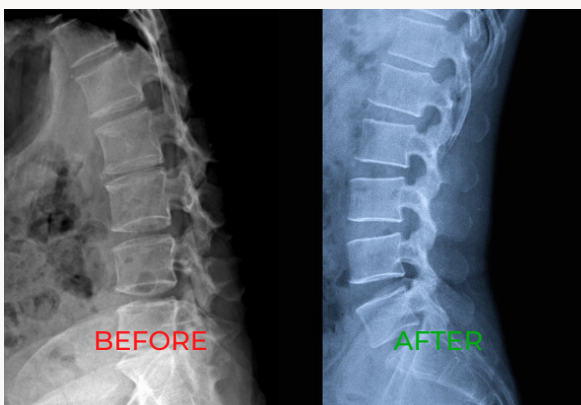
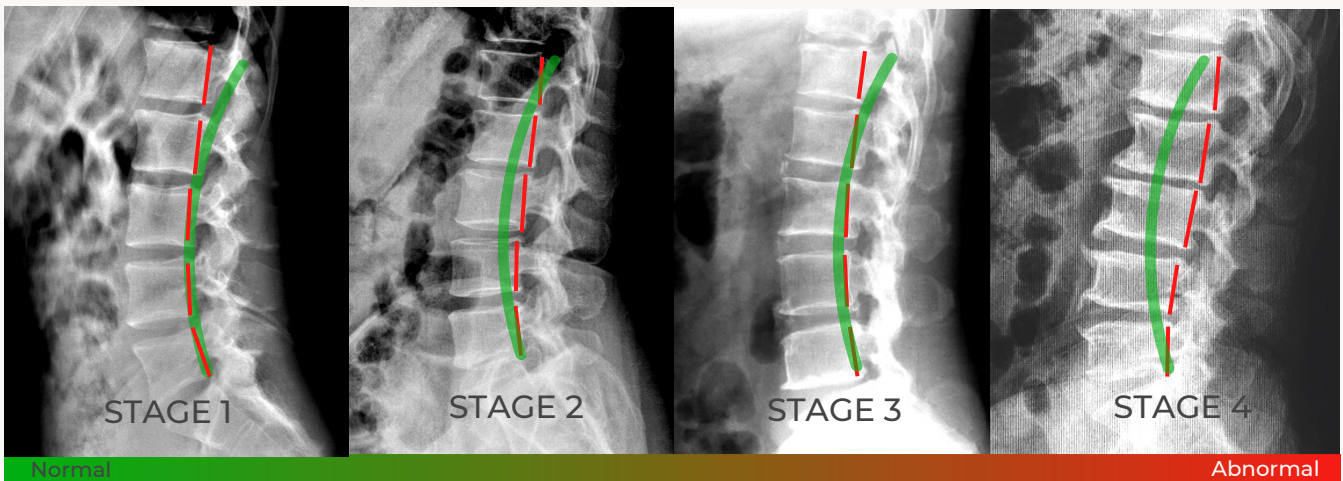


WHAT IS A *HEALTHY* LOWER BACK?

Health alignment from the side as viewed from an x-ray should have a semi-circular curve known as the lumbar lordosis, Ideally 20-45 degrees according to studies. Postural muscles around lower back, trunk & hips should be strong.

WHAT IS AN *UNHEALTHY* LOWER BACK?

Any deviation of the lumbar curve from the ideal which can be from injuries, car accidents, falls and years of poor posture. the healthy curve can straighten up and even reverse in the opposite direction which will put your spine under increased stress and greater risk of adverse nerve, disc, muscle & ligament function.



HOW DOES THE BACK BRIDGE HELP?

The back bridge aids the lower back to regain curvature back into the spine. The back bridge is designed at a 45 degree angle to provide an optimal yet gentle stretch to the lower back. It can assist in pain, tension and function to improve health.

WHERE TO PLACE?

Depending on your lumbar curve, there are 3 positions where you can place the back bridge: Lower, Mid & Upper lower back. Place it on a firm surface like the floor or a bench. Your health professional will determine which area is right for you.

If you have not consulted a health professional first, we recommend starting with the tail end of the back bridge facing towards your feet (seen in "Upper Lumbar"). Place the back bridge at L4. In order to find it, find your iliac crest, which will be a bony protuberance (green dot) and draw a straight line around to your spine. Once you've found that area in the spine, place the groove of the back bridge at that point and slowly straighten your legs.



HOW LONG DO & OFTEN DO I USE IT?

Your health professional will determine your recommended time and frequency for best results. For the patient user record go to <https://vigourone.com/bridge-user-record-2/>

If you have not consulted a health professional first, we recommend you start with 3 mins then add a minute each day until you reach 15 -20mins. If you can't reach the goal time, gradually increase the time at your own pace until you reach 15-20mins. You should be using it everyday for 12-16 weeks while you have tension and pain depending on your neck curve. After that maintenance would be 2-4 times per week, depending on your lifestyle.

WHAT CAN I EXPECT?

You should feel a stretch within the lower back and the structures around it. There may be some discomfort while stretching (like any stretch), but there should be no pain.

POSSIBLE SIDE EFFECTS

You may get pain in the lower back in longer times, it means your body is not ready for this length of time so slowly get off. If you start getting pain within the first 30secs raise the back bridge lower down the lumbar spine by 2cm. If pain still persists, consult your Health Professional.

WHAT TO DO/NOT DO

DO NOT USE FOR AN ACUTE INJURY. When getting off, slowly bend both knees and lift your hips up by squeezing your Glutes (Buttock muscles) then slowly take away the Back bridge. DO NOT roll off or do a sit up off the Back Bridge.

