

Glute Stretching and Strengthening

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BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

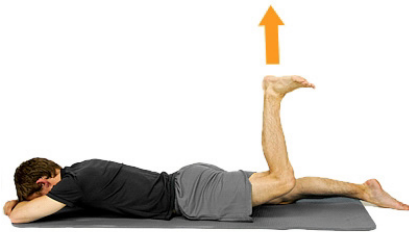
Put Resistance band around thighs, closest to the knee if needed.



Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week
Video ID: TJZ7GYR

PRONE HIP EXTENSION - BENT

While lying face down with your knee bent, slowly raise up your knee off the ground.



Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week
Video ID: YCGQRU3

ELASTIC BAND - SIDELYING CLAM SHELL - CLAM SHELL

While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

Do not let your pelvis roll back during the lifting movement.



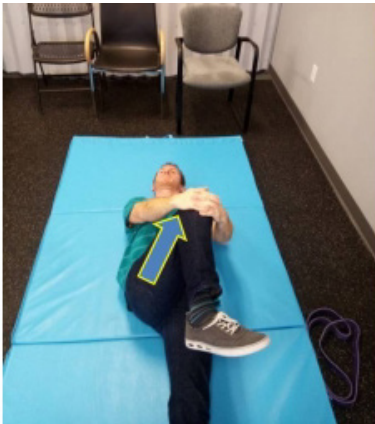
Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week
Video ID: AXMF43U



Modified Gluteal Stretch

Place ankle on opposite knee.
Push on knee until a comfortable stretch is felt.

Repeat	3 Times
Hold	20 Seconds
Complete	1 Set
Perform	1 Time(s) a Day



Supine glute med/piriformis stretch

Lie on your back with both legs straight. Bring one knee up to your chest and grab with both hands as if giving it a hug. Pull that knee towards the opposite shoulder as tolerated feeling this in low back and butt region.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Time(s) a Day



Glute Stretch

Sitting on edge of chair, bring foot up over opposite knee. Lean forward over lap, forcing down knee- maintain straight back. A stretch should be felt in glute of bent leg.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	1 Time(s) a Day