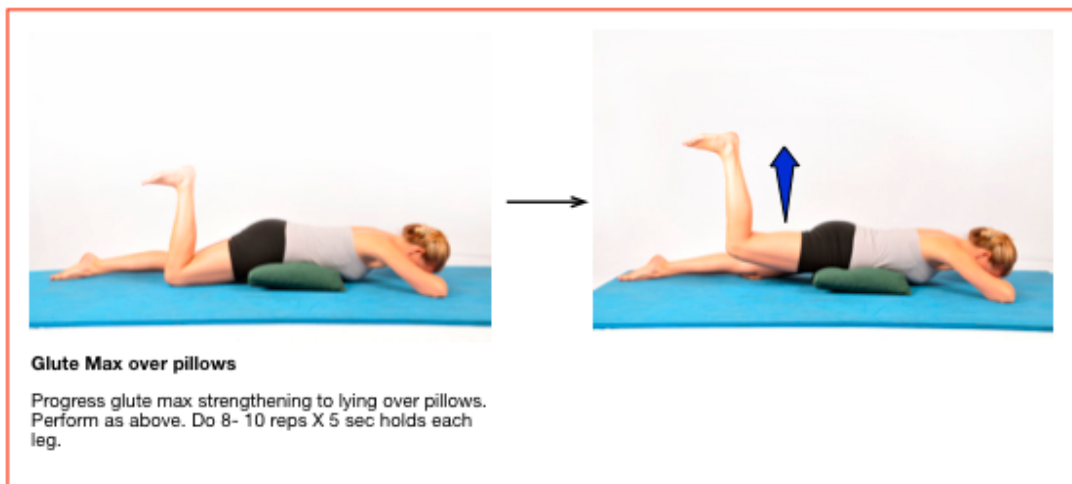


GLUTEUS MAXIMUS STRENGTHENING EXERCISES

1) On tummy



Remember to keep pelvis stable and do not arch in the lower back.

2) Swimming

Starting position: Lie on your front. Forehead resting on the back of the hands. Neck long. Glide your shoulder blades down towards your waist. Neutral spine position. Legs in parallel alignment.



Level 1

- INHALE to prepare
 - EXHALE, reach your left leg backwards and away from the floor allowing it to hover one inch off the mat
 - INHALE and lower this leg to the mat
 - Repeat alternating legs
- Sets: 2 Reps: 10



Level 3

- INHALE to prepare
 - EXHALE, reach your left arm and left leg away from your body, allowing them to hover one inch off the mat
 - INHALE and lower this arm and leg to the mat
 - Repeat alternating the opposite arm with leg
- Sets: 2 Reps: 10



Level 4

Starting position: Kneel on your hands and knees. Knees directly under hips and hands slightly forwards of your shoulders. Elbow joints soft. Head and neck lifted in alignment with your spine. Spine long in a 'tabletop' position.

Action

- INHALE to prepare
 - EXHALE, reach your left arm forwards off the mat. Simultaneously slide the opposite foot along the floor away from the body, continue to reach the leg lifting it off the mat
 - INHALE and lower this arm and leg
 - Repeat alternating arms and legs
- Sets: 2 Reps: 10



Tips

- Imagine balancing a drinks tray on your lower back to avoid rocking sideways
- Imagine reaching through the arms and legs to reach the wall at either ends of you

3) Shoulder bridge

Starting position: Rest position. Centre engaged.

Level 1

- INHALE to prepare
 - EXHALE, gently roll your lower back into mat, scoop your tailbone upwards and continue to peel your spine off the mat, bone by bone until you are resting on your shoulder blades
 - INHALE and hold the shoulder bridge position
 - EXHALE, lower the shoulder bridge by lowering one bone at a time to the mat, beginning with the highest vertebrae of your bridge and finishing with your tailbone to return to neutral position.
- Sets: 2 Reps: 10



Level 2

- INHALE to prepare
 - EXHALE and roll into the shoulder bridge position.
 - INHALE and hold the shoulder bridge position
 - EXHALE, lift and then lengthen your left leg forwards, reaching for the wall in front of you
 - INHALE and fold this leg back to the mat to resume the shoulder bridge position
 - EXHALE and lower the shoulder bridge.
 - Repeat alternating legs and allowing your spine to return to the mat in between shoulder bridges
- Sets: 2 Reps: 10



Level 3

- INHALE to prepare
 - EXHALE and roll into the shoulder bridge position.
 - INHALE and hold the shoulder bridge position
 - EXHALE, lift and then lengthen your left leg forwards, reaching for the wall in front of you
 - INHALE and fold this leg back to the mat to resume the shoulder bridge position
 - Continue 6 - 8 movements alternating legs without lowering the pelvis to the mat between each movement, then . .
 - INHALE and hold
 - EXHALE and lower the shoulder bridge.
- Sets: 2 Reps: 10

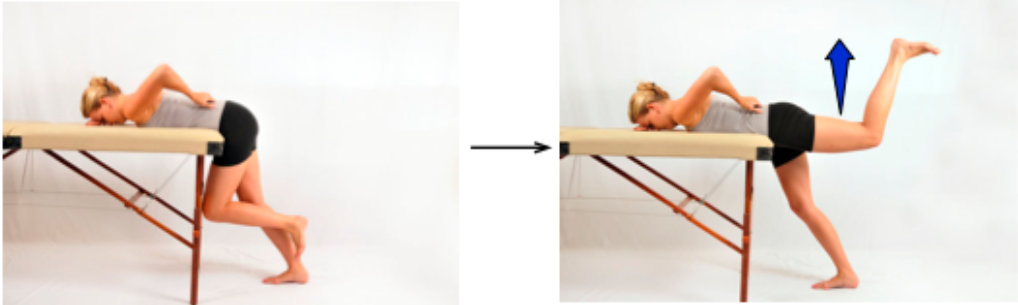


Level 4



As before, but make base less stable by raising arms.
 If pelvis does not stay level, go back to level 2. OR Keep leg straight & raise & lower pelvis 10 reps each leg.

4) Over the edge of the bed



Glute Max from Hip Flexion

Extend leg using glute max. Feel the hip bone move backwards towards the Glute muscle. The Hammie must not cramp. The back muscles must not contract. Do 8-10 reps X 5 sec holds each leg per set.

Palpate lumbar spine to make sure it doesn't go out of neutral. There should be no contraction of the back extensors.

5) Standing wall slide with or without ball



Ball wall slide

Painfree range only. Start 0-30°. Feet forwards. Knee in line with midfoot.

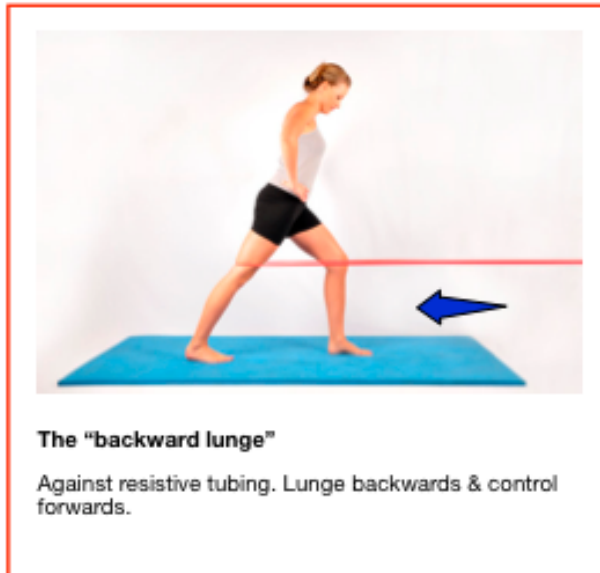
6) Standing elastic band



12 O'clock

- Attach Theraband or tubing to table leg or similar & rotate your body clockwise from 12 O'clock, 3 O'clock, 6 O'clock & 9 O'clock.
- Remember – perform movement SLOWLY.
- AND – return to starting point SLOWLY too.
- Approx 3 sets of 12 reps / exercise. Daily or alternate days.

7) Backward lunge with elastic band



8) Step up



Step up

9) Running on the wall

