

Gluteus Medius Strength

Perform exercises 1, 2 and 3 with 3 sets of 10-15 reps

1.) Hip Hike



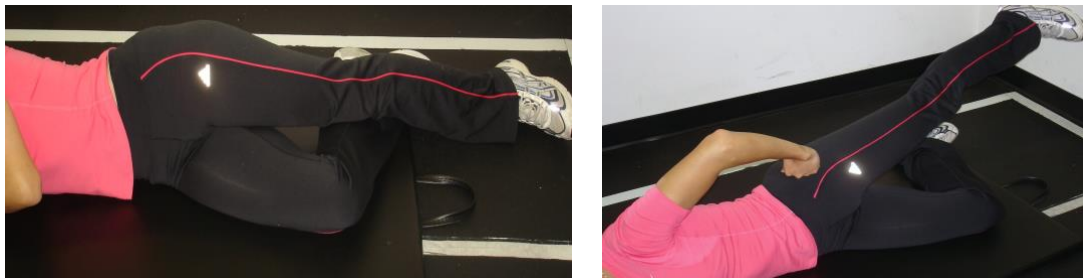
- While standing on one leg, keep both knees straight and lower the non-weight bearing leg by “dropping” the hip
- Slowly raise the non-weight bearing hip using the glute muscles on the weight bearing side
- Hold the contraction for 5 seconds, then relax

2.) Side Lying Abduction



- Lie on side with back against the wall
- Place thumb over glute med muscle belly
- Apply pressure to the wall with the sole of foot of the top leg
- Slowly reach foot up the wall while concentrating on contracting the glute under your thumb
- **Once you feel comfortable activating the glute while lifting the leg, see progression below**

Progression of #2



- Begin on side in a perfectly straight line. Shoulders, hips, knees and ankles should all line up
- Place thumb over glute and slowly lift the leg up and back, ensuring contraction is felt under your thumb
- Foot should stay parallel with the ground. Do not allow the foot to rotate

3.) Lateral Walk



- From the quarter squat position, brace your spine.
- Perform a SLOW, CONTROLLED, lateral shuffle to the right (8-10 steps), then repeat to the left
- Concentrate on keeping proper spine, pelvic and knee alignment. Your belt line should stay parallel with the floor, your knee should always be under your hip joint and the centre of your sternum should stay directly over your belt buckle
- Generating strength from the core and hip musculature is the key! At first, perform movements in front of a mirror to ensure optimal alignment is executed.



4.) Supine Bridge



- Begin the exercise on your back with the knees bent, with arms resting at sides.
- Brace the abdominals and squeeze the gluteal cheeks before initiating the movement.
- Lift the pelvis and hips off the ground while maintaining neutral lumbar alignment.