

Exercise plan:
Glute Stretches and Strengthening Exercises

Patient:
Mrs Julie Dass

Date:
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Single leg back stretch

Lie flat on your back, and bend your knee towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and then repeat as necessary.



Video: <http://youtu.be/lka-1VKjrew>

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Floor superman one arm

Lie on your front, and lift your straight arm in front of you. Hold this position, and then relax. This exercise helps to arch your lower back (to create what is known as a lumbar Hyperlordosis) while strengthening the lower back muscles.



Video: http://youtu.be/9I4_ivOfUsY

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Floor superman arm and same side leg

Lie on your front, and lift your arm and same-side leg, keeping them straight. Hold this position, and then relax. This exercise helps to arch your lower back (to create what is known as a lumbar Hyperlordosis) while strengthening the lower back and buttock muscles.



Video: <http://youtu.be/pedU1oHyjUU>

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Floor superman one leg

Lie on your front, and lift your straight leg up behind you. Hold this position, and then relax. This exercise helps to arch your lower back (to create what is known as a lumbar Hyperlordosis) while strengthening the lower back and buttock muscles.



Video: <http://youtu.be/Y9YrmZ-LV2U>

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Floor superman two legs, one arm

Lie on your front, and lift your legs up behind you, and one arm in front of you. Hold this position, and then relax. This exercise helps to arch your lower back (to create what is known as a lumbar Hyperlordosis) while strengthening the lower back and buttock muscles.



Video: <http://youtu.be/Zfx163krsVo>

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Supine bridge basic

Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.



Video: http://youtu.be/fK_xUE3OKIE

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Supine bridge hard

Lie flat on your back with your arms by your side, and with your knees bent. Squeeze your bottom muscles and lift your back upwards and straighten one leg. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.



Video: <http://youtu.be/x-b9yvFzLqk>

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Lumbar rotation

Bend your knees, and keeping your feet flat on the floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. Return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.

Video: <http://youtu.be/UxORTXzuU9E>



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1/4 wall squat

Open your legs slightly wider than shoulder width, stand with your back resting against a wall, and bend your knees to the 1/4 squat position. You can either go up and down, or keep a sustained hold. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot.

Video: <http://youtu.be/tloL0ZiDN3g>

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Lateral walk with exercise band

Place an exercise band around your knees, and go into a squat position (as far down as feels comfortable). Walk one leg to the side, and then follow with the other leg. Repeat to one side for five steps, then return to the start position.

Video: <http://youtu.be/i0w7KczRvkk>

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BOSU squat

Stand on a BOSU, and go into a squat position. Try to maintain good form/technique. Return to the start position. Using a BOSU helps improve your balance and strengthens the smaller muscles of the leg. Always keep your feet flat on the BOSU, do not let your heels raise up.

Video: <http://youtu.be/fmvqXOEx4yU>

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Lunge

Take a step forwards, and bend the front knee past the vertical. The back knee drops towards the floor. Always keep good alignment: your knee should stay over the 2nd ray of your foot, and never let your knee drop inwards.

Video: <http://youtu.be/xASFze7P-Fs>



Glute stretch supine 3 assisted

Lie on your back, and ask a partner to carefully bend your knee towards your opposite shoulder. Give feedback to your partner when you feel the stretch in your bottom, and proceed carefully.

Video: <http://youtu.be/U37NgdZXrL4>



External rotation table glute stretch

Place your foot on a table, with your leg turned inwards. Lean forwards slightly to feel a stretch in your buttock. Hold the stretch.

Video: http://youtu.be/Nh3gioc_x4I



Clam

Lie on your side, with both knees bent. Keeping your feet together, and squeeze your deep abdominal muscles by drawing the belly button inwards. Open your knees, like a clam, hold, and return to the start position. This is a good strengthening exercise for your gluteal (buttock) and outer thigh/hip muscles.



Video: <http://youtu.be/1ECrWm-3SKo>

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Hip abduction with band

With an exercise band secured around your ankle, and the other end anchored to a fixed object to your side, move your straight leg (abduct) away from your body to create resistance in the band. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also improves balance on your opposite leg.



Video: <http://youtu.be/mH631V-5K6s>

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Hip abduction lying bilateral

Lying on your side, flatten your lower back by gently tucking your tummy in. Keeping your legs together, lift your legs several inches in the air. You can either hold this position, or return your legs down and then repeat the exercise. Ask your therapist which they would prefer you to do. This exercise strengthens the pelvic, gluteal, core and lower back areas.



Video: <http://youtu.be/6tgLIUqEuP0>

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Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on stabletherapycentre@gmail.com. Good luck and keep with it!