



### Glute Stretch Supine 1

Lie on your back, and bring your knee towards your opposite shoulder to feel a stretch in your bottom. Tip: changing the angle you take the leg will change the position of the stretch and you can play around with the position to find the stretch that feels most effective for you.

**Perform both sides**

Video: <http://youtu.be/6ovFfq2UNxc>



### Glute Stretch Sitting 3

Sit on the floor, and stretch one leg in front of you. Place your other knee towards your chest, with your leg crossing the straight one. Hold on to your bent leg, and twist to the same side creating a stretch to your gluteal (buttock) muscles.

**Perform both sides**

Video: [https://youtu.be/Pjq54qOuE\\_A](https://youtu.be/Pjq54qOuE_A)



### Spikey Ball Gluteal/Piriformis Massage Lying

Lie down on your back, and place a spiky ball under your buttock. Extend your leg on the same side straight out, and use the fulcrum to massage your buttock.

**Perform both sides**

Video: <http://youtu.be/laOo0n1ISNg>

## Glute Stretch Supine 2

Lie on your back, and bend your knee to 90 degrees (i.e. pointing straight up). Place your ankle across your knee. To make the stretch stronger, pull your ankle towards you, while pushing away with the opposite knee (the side getting stretched). You should feel a stretch in your bottom.



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### Perform both sides

Video: <http://youtu.be/DxHx-Dmlm20>



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## Glute Stretch Supine 3

Lie on your back, and bend your knee to 90 degrees (i.e. pointing straight up). Place your ankle across your opposite knee and pull your knee towards your chest to feel a stretch in your bottom. You can also use a towel to assist you.

### Perform both sides

Video: <http://youtu.be/zpaExOK4S8M>



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## Glute Stretch Sitting

Place your ankle across your opposite knee, and pull your ankle upwards while pushing downwards on your knee (of the side being stretched). You will feel a stretch in your bottom.

### Perform both sides

Video: <http://youtu.be/6CDnxMFSq7k>



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## Glute Stretch Sitting 2

Pull your knee towards your opposite shoulder. You should feel a stretch in your bottom. You can change the angle that you bend your hip to make the stretch more effective to a particular part of your bottom.

### Perform both sides

Video: <http://youtu.be/z2xdFGXRQu>

## Hip Abduction Gluteus Medius Side-Lying

Lie on your side, and lift your leg upwards. You can hold this position, or move your leg up and down. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.



**Perform both sides**

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

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## Hip Abduction Gluteus Medius Standing

Stand up next to a table, chair or wall, and take your leg out to the side, and back to neutral. Repeat as required. You can also hold the leg out to the side and maintain this position. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.

**Perform both sides**

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

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## 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.

**Perform both sides**

Video: [http://youtu.be/Nh3gioc\\_x4I](http://youtu.be/Nh3gioc_x4I)

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## Spikey Ball Gluteal/Piriformis Massage 2

Sit down on the floor, and place a spiky ball under your right buttock. Cross your right leg over your left knee. Use your hands to support your body, and to control movement over the ball in a circular direction. You will feel the ball massaging deep into your gluteal (buttock) muscles.

### Perform both sides

Video: <http://youtu.be/XYyt0Dea5QU>



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## Gluteal Contraction Isolated with Hip Extension

Contract your buttock cheek, then hamstring and then your lower back, and lift your leg behind you. Try to focus on the correct sequencing.

### Perform both sides

Video: <http://youtu.be/UZLsQXWj-Tc>



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## Glute Medius And Minimus Muscle Activation

Lie on your side, with your hips just slightly flexed (to about 20 degrees, almost straight). Pre-set your deep abdominal muscles. Think about gently lifting your knee upwards, but do not actually do it. Use the deep muscles around your hip to make a contraction, as if you were going to lift your knee, but your knee will not move. It is a subtle and gentle contraction of the deep hip muscles on the outer hip.

### Perform both sides

Video: <http://youtu.be/NTbD10LEKU4>

## P.S. Additional advice sheet

You will find the advice sheet attached in your email

- [Gluteal Strain.pdf](#)
- [Gluteus Medius Tendinopathy.pdf](#)