

# IMG PHYSICAL THERAPY

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## GLUTEUS MEDIUS EXERCISES

Rehabilitation of the Gluteus Medius can take a long time. A loss of strength is common after an injury; however, the strength and range of motion can be regained. It may become frustrating at times but you can be successful with hard work and a lot of determination.

When you are exercising on your own there are some things to remember...

- ◇ Any specific exercise that causes pain is hindering the healing process for your injury and should be modified or discontinued.
- ◇ Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance; lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- ◇ Most exercises that do not involve the injured region can be done as long as the exercise does not increase the pain.
- ◇ When in doubt about how much weight to use for exercises, guess low. It is safer and easier to add weight than to hurt yourself with too much weight.
- ◇ Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises are to be done 3 to 5 days per week.  
Perform 2 sets of 15 repetitions for strengthening exercises  
Stretch 3-15 times, holding 10-30 seconds each time.

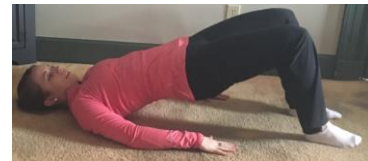
Moist Heat for 15 minutes before / after exercising. If using Ice, 15 minutes after exercise.

# Weakness in your Gluteus Medius?

*The Gluteus Medius is one of the three muscles to make up the muscles surrounding the hip and pelvis. These three muscles work together to help stabilize the pelvis during activities such as walking, running, jumping and even standing. Specifically, the Gluteus Medius' main job is to provide stability at the hip by keeping the hip level during activities. Weakness in your Gluteus Medius can cause people to develop a limp in which their hip will drop on the opposite side. People may experience pain in their low back, hip and down their thigh.*

## **Bridging:**

- 1. Lie on your back with both knees bent at about a 45 deg angle and both feet flat on the floor*
  - 2. Rest your arms at your side*
  - 3. Slowly lift the hips by pushing on the floor with your feet until your knee, hip, and shoulder are a straight line*
- \*Increase difficulty by adding a resistance band around your knees*



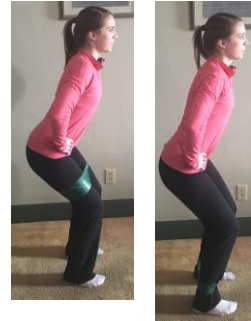
### Wall Press:

1. Stand against a wall with a bent knee, hip and ankle touching the wall
  2. With the outside surface of the knee, hip and ankle touching the wall, push against the wall with an isometric force
  3. Hold for 5 seconds and repeat
- \*Stand on the leg involved with the Gluteus Medius Weakness
- \*May use chair for balance/safety if needed



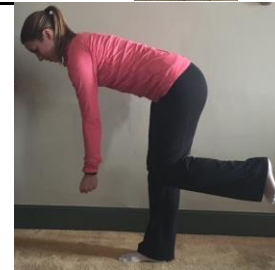
### Lateral Band Walk:

1. Place a resistance band of choice around your ankles or knees
2. In a quarter-squat position walk in a lateral direction



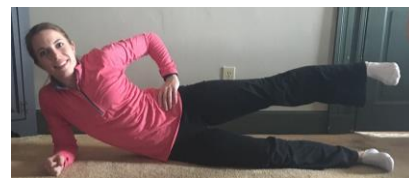
### Single-Leg Dead Lift:

1. Stand on one foot
  2. While holding a neutral spine hinge forward at your hips and reach towards the ground with your hand
  3. Remember to keep your shoulders back, your back straight and your supporting leg as straight as possible
- \*Increase difficulty by adding weights or by standing on a less stable surface



### Side-Lying Straight Leg Raise:

1. Lay on your side
2. Keep knees straight
3. Stack your hips and place top hand on the floor in front of you to ensure you are not leaning forward



### Hip Hike:

1. Raise top leg 12 inches stand on a step or stool with one leg free over the edge
2. Remember to keep your shoulders level and drop and raise your free leg



### Clamshell:

1. Lay on your side
  2. Bend both knees to 60 deg with hips slightly flexed
  3. Raise top knee while keeping ankles together
  4. Remember to keep hip stable as it is easy to roll backwards when the knee is lifted
- \*Resistance bands can be added around knees to increase difficulty



### Single Leg Squat:

1. Stand on one leg with raised leg bent
2. Place hands on both hips
3. Slowly lower yourself while keeping hips stable

