



Gluteus Medius Exercises

LEVEL 1

Starting position

Lie on your side with the pelvis square and the hips and knees bent. Pull in and tighten the lower abdominal muscles.



Action

Keeping the heels together, slowly lift the top knee by turning the hip out. Do not let the back twist. Only move as far as a stable back and pelvis allow.

Slowly return to the start position keeping control of the pelvis during the return. Do not strain. Use minimal effort and think about 'swelling' the muscle in the buttock.

Hold ___ seconds and repeat ___ times on the ___ leg / both legs

LEVEL 2

Starting position

Lie on your side with the pelvis square and your hips straight. Your knees should be bent so that your heels are behind you.



Action

Keeping your heels together, slowly lift the top knee by the turning the hip out. Do not let the back twist. Only move as far as a stable back and pelvis allow.

Slowly return to the start position keeping control during the return. Do not strain, use minimal effort and think about 'swelling' the muscle in the buttock.



Hold ___ seconds and repeat ___ times on the ___ leg / both legs

LEVEL 3

Starting position

Lie on your side with the pelvis square and your top leg fully straight. Comfortably bend the knee of the lower leg.



Action

Lift the top leg to approximately the same height as your top shoulder. Turn your toes up to the ceiling to activate the gluteus medius. Keeping the knees level, slowly bend your top knee to bring your heel behind you. Then straighten the knee slowly back to the starting position keeping control of the pelvis throughout the return.



Repeat ___ times on the ___ leg / both legs

Progression

As you become more stable when doing this exercise, progress to having the lower leg fully straight. Your trunk should remain stable throughout (ie. No wobbling!)