

**GLUTEAL STRENGTHENING EXERCISES**

**Hip Extension from Prone**



The hip extension in prone exercise may also be known as a reverse straight leg raise. It is a good starting point for strengthening the glute and hamstring muscles. To strengthen the hamstrings and buttock muscles lie on your front and raises the thigh upwards off the couch. Keep the knee straight throughout. Slowly lower the leg back down and then repeat. Ensure that the buttock muscles are contracted to initiate movement.

**Hip Extension on all fours**



Hip extension exercises such as this work the glute muscles (buttocks) and the hamstrings at the back of the thigh. This is an early stage exercise as no weight is added, only gravity is used as resistance. In an all fours position, raise one leg behind you, keeping the knee bent and moving the sole of the foot towards the ceiling. Once at the top of the movement, hold the position briefly before returning slowly to the starting position.

## Wall Sit



- Stand with your back up against a wall
- Your feet should be shoulder width apart and toes pointing straight forwards
- Take your feet approximately 1-2 feet away from the wall
- Bend your knees and slide your back down the wall
- Do not let your knees move in front of your toes
- Do not squat deeper than a 90 degree (right angle) at the knee
- Start with shallow squats and increase gradually
- Hold for up to one minute
- Return to the starting position

### **Variations & progressions**

- Use a dumbbell in each hand to add weight

### **Muscles worked -**

- Gluteus medius
- Gluteus minimus
- Rectus femoris
- Vastus medialis
- Vastus intermedius
- Vastus lateralis
- Iliopsoas
- Gluteus maximus

### **Related injuries**

- Iliotibial band friction syndrome
- Patellofemoral pain syndrome

## Lunges



- Step forwards with one foot in a long stride
- Make sure your feet are in line and pointing straight forwards
- Keep your back upright as you slowly bend and lower the back knee towards the floor, raising the heel off the floor
- At the same time bend the front knee, making sure it doesn't go past your toes
- Don't let the back knee touch the floor before returning to the starting position

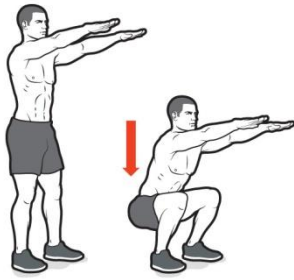
### **Variations & progressions**

- Use a dumbbell in each hand
- Use a barbell over the shoulders
- Walking lunges - after completing one lunge as above, swing the back leg forwards so that it becomes the front leg and repeat

**Muscles worked** - Rectus Femoris, Vastus Medialis, Vastus Lateralis, Vastus Intermedius, Biceps Femoris, Semimembranosus, Semitendinosus, Gluteus Maximus, Iliopsoas, Gastrocnemius, Soleus

**Related injuries** - Quad strain, Contusion, ACL rupture , PCL rupture , Meniscus tear, Hamstring strain, Patella tendonitis (jumpers knee), Patellofemoral pain syndrome

## Squats



- Stand with your feet shoulder width apart and toes pointing straight forwards
- Keep the back straight as you initiate movement at your hips
- Push your buttocks out behind you and bend your knees
- Do not let your knees move in front of your toes
- Do not squat deeper than a 90 degree (right angle) at the knee
- Start with shallow squats and increase gradually
- Return to the starting position

**Muscles worked** - . Rectus Femoris, Vastus Medialis, Vastus Lateralis, Vastus Intermedius, Biceps Femoris, Semimembranosus, Semitendinosus, Gluteus Maximus, Iliopsoas, Gastrocnemius, Soleus