BACKSTRONG
SPINE & REHAB
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Patient name: .....

INTERMEDIATE HIGH ACTIVATION EXERCISES FOR THE GLUTEALS (WEIGHT-BEARING)

These exercises are aimed at strengthening the large buttock muscles (gluteals).

GLUTEAL SQUEEZE

Step 1

Stand with your feet hip width apart with a natural curve in your lower back.

Did you know your brain contains maps of your body and that each and every one of your muscles is connected to your brain via nerve pathways?

Step 2

Squeeze your buttock muscles as firmly as possible for five seconds.

Step 3

Relax your buttock muscles.

Repeat steps 2 to 3 ten times.

SIDEWAYS STEP-DOWN STEP-UP

Step 1

Stand upright on one leg with the other off the edge of a box (15 - 45cm). Keep your hips level.

Step 2

Slowly bend the knee of your support leg into a small squat allowing the heel of your free leg to lower towards the floor until it touches. Keep your hips level.

Step 3

Use your buttock muscles to straighten the support leg, returning to the step 1 position. Avoid pushing through the heel of the free leg.

Repeat steps 2 to 3 ten times.

It has recently been discovered that the nerve cell connections in your brain can change over time – this is called neuroplasticity.

CROSS OVER STEP-UP STEP-DOWN

Step 1

Stand beside a box (15 - 45cm in height), feet hip width apart, shoulders relaxed. You can hold 1-2kg weights in your hands.

Step 2

Move your outside leg across your body until your foot is flat on the box.

Step 3

Shift your weight onto the foot on the box and use the muscles of that leg and buttock to lift your body up onto the box.

Step 4

Finish standing on the box, feet hip width apart, shoulders relaxed.

When one or more of your gluteal muscles is not functioning well you can adopt faulty movement patterns.

Step 5

Return to the step 1 position by reversing the movement.

Repeat steps 2 to 5 ten times each side.

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Performing specific exercises can improve the pattern of activation of your muscles.

STANDING HIP ABDUCTION WITH ELASTIC BAND

Step 1

Have the two ends of an elastic band firmly attached to a fixed object to the side of your body at ankle height. Stand upright to the side of the band with your feet hip width apart, elastic band around your outer ankle.

Step 2

Slowly move your outer leg sideways away from your body.

Step 3

Slowly return your outer leg to the step 1 position.

Repeat steps 2 and 3 ten times each side.

SINGLE LEG SWISS BALL SQUATS

Step 1

Stand upright with your feet shoulder width apart with the Swiss ball in the small of your back. You can also use a bolster or rolled towel.

Step 2

Shift your weight onto one leg and elevate the other leg.

When you learn new exercises you are not just exercising your body – you're also changing your brain.

Step 3

Slowly squat down maintaining the natural curve in your lower back. Stop at the point where your heels start to lift or when your leg is horizontal. Make sure your knee doesn't move inwards.

Step 4

Slowly return to the step 2 position.

Repeat steps 3 and 4 ten times each side.