



# BACKSTRONG SPINE & REHAB

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Patient name: .....

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

*These exercises are aimed at strengthening the large buttock muscles (gluteals). None of the exercises require you to stand.*

### OUTER THIGH EXERCISE (WITH WEIGHT)

#### Step 1

Lie on your side with your top leg straight and turned slightly inwards. Hand supports your head.



#### Step 2

Slowly raise the leg towards the ceiling. You should feel your outer thigh and buttocks working.



#### Step 3

Return your leg to the step 1 position without letting your toe touch the ground.

Repeat steps 2 and 3 ten times each side.

### STRAIGHT-LEGS SIDE BRIDGE

#### Step 1

Start on your side with your weight on your elbow, hip and legs. Your top foot should be in front of your bottom foot.



#### Step 2

Lift your body up into the side bridge position and hold. Ensure your hips are straight and your head is in a neutral position. You should feel this exercise in the side of your back closest to the floor.



Hold for 15 seconds, four times. Progress to 30 seconds, twice and then one minute each side.

## PRONE HIP EXTENSION

### Step 1

Lie on your stomach on a table so that your hips are supported and flexed to 90 degrees and the balls of your feet touch the ground. Bend one knee to 90 degrees so that your foot is elevated from the floor.



### Step 2

Elevate the leg so that the foot moves towards the ceiling. Avoid twisting your hips. You feel your buttock muscle working not your lower back muscles.



### Step 3

Slowly lower your leg back to the step 1 position.

Repeat steps 2 to 3 ten times on each side.

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?

## INWARD CLAM

### Step 1

Lie on your side with your hips and knees slightly bent. Hand supports your head.



### Step 2

Raise your top leg so that it is parallel to the ground.



### Step 3

Slowly rotate your top leg inwards bringing your foot towards the ceiling. Your knee should maintain its position.



### Step 4

Slowly return your leg to the step 2 position.

Repeat steps 3 and 4 ten times each side.

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

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

## INWARD CLAM HIPS STRAIGHT

### Step 1

Lie on your side with your hips straight and your knees bent to 90 degrees. Hand supports your head.



### Step 2

Raise your top leg so that it is parallel to the ground.



### Step 3

Slowly rotate your top leg inwards bringing your foot towards the ceiling. Your knee should maintain its position.



### Step 4

Slowly return your leg to the step 2 position.

Repeat steps 3 and 4 ten times each side.

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

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