

GLUTEAL RE-EDUCATION

8 positions **30 seconds per position** do all the exercises in a row without stopping.
 NB. – Key point – lead the movements with the leg, do not rotate the pelvis backwards or shorten the waist/ hitch the hip to get the range of movement needed.

1. Lying on your side, hips @ 45 degrees, knee @ 90 degrees, keep your feet together, use top glut muscles to slowly lift your top knee up and down repetitively, like you are doing a clam exercise.



2. Position as above, lift the knee and top foot 1 inch off the bottom foot, hold that position, keeping the knee higher than the foot.



3. Same position as for 2, but slowly tap the top foot back behind the bottom foot and bring the knee back to level.



4. Same position as for 1 –but tap knees together, heels together, using the smooth rotation of the hip.

5. Same position as for 1A – keep knees together, raise and lower the top foot.

6. Straighten the top leg in line with the body, keeping the top leg and knee straight, point the toes toward the floor, and raise and lower the leg slowly to hip height and down, keeping the leg just behind the hip.



7. Straighten the top leg in line with the body, keeping the top leg and knee straight, turn the leg out, pointing the toes toward the ceiling. Raise and lower the leg slowly to hip height and down, keeping the leg just behind the hip.



8. Keeping the top thigh above lower one, bend and straighten top knee. Maintain thigh position.



9. Bring the leg back in line with the body, keeping it straight and the toes pointed up towards the ceiling, lift and lower the leg back and upwards at an angle of 45 degrees behind you, returning to neutral each time.

