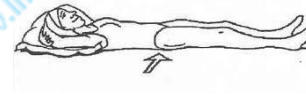


Glute Strengthening Exercise

Bijal Shah, PT, DPT

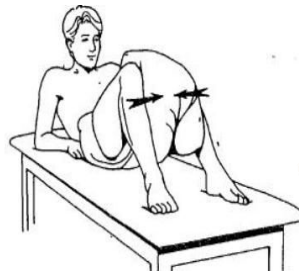
Hip Extension Isometrics



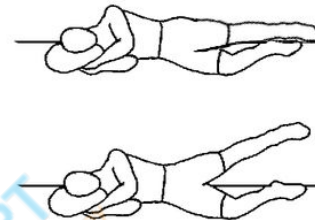
- Lie down on your back.
- place a rolled towel under your affected heel,
- try to push down the towel while squeezing the buttocks.
- Hold it for 5 seconds without holding your breath, repeat it 10 times twice a day.

Hip Abduction Isometrics

- You can have a T band or Elastic band around your thighs or place a pillow between your legs.
- Try to push your legs outwards (as if you are trying to open your legs).
- Remember not to have any visible movements and no pain while doing exercises.
- Hold it for 5 seconds without holding your breath, repeat it 10 times twice a day.



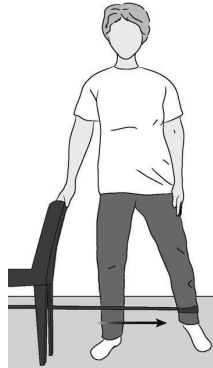
Hip Extension in Gravity Eliminated Plane:



- Lie down on your side.
- Kick the upper leg backward with knee straight as shown in the picture.
- Make sure your back stays straight.
- Hold it for 3 to 5 seconds if you can.
- Repeat it 15 times, twice a day.

Hip Abduction in Gravity Eliminated Plane:

- In standing kick the leg outwards as shown in the picture on right.
- No bending sideways at waist allowed.
- The picture below shows the hip abduction with thera band. You may choose not to use any resistance if you are not ready.
- Hold it for 3 to 5 seconds if you can.
- Repeat it 15 times, twice a day.



Hip Extension Against Gravity:

- In standing position, kick your leg backward as shown in the picture on left.
- Make sure you don't bend forward.
- Don't hold your breath.
- Hold it for 3 to 5 seconds if you can.
- Repeat it 15 times, twice a day.



Hip Abduction Against Gravity:

- Start in Lying on unaffected side or standing.
- Keep the unaffected knee bend, and gently lift the affected leg up with keeping the knee straight.
- Hold it for 3 to 5 seconds if you can.
- Repeat it 15 times, twice a day.

