

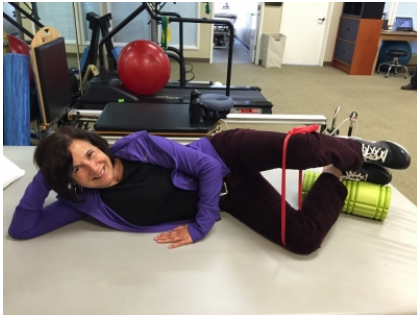
Glute medius

Created by Dr. Aaron Ford Feb 12th, 2024

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3 Exercises



Sidelying clamshell

Place a theraband over both knees and get into a side-lying position, with a bolster or pillow under both ankles. Start by contracting your abdominals to support your low back. Keeping both heels firmly together, bring the top knee upwards towards the ceiling (approx. 6-8" in height). Return top knee to bottom knee, and repeat the lifting of top knee, making sure your hips are not rocking back and forth. Muscle activation should be felt in the hip/gluteus medius region.

Repeat 10 Times

Hold 3 Seconds

Complete 3 Sets

Perform 2 Times a Day



Bridge with Abduction

Bridge upward engaging glutes (push pelvis up) then push knees out against bands. Maintaining straight line from shoulder to knee.

Repeat 15 Times

Hold 3 Seconds

Complete 3 Sets

Perform 2 Times a Day



Glute Med Activation (Shark Fins)

This exercise is meant to activate your gluteus medius muscle. To find your glute med, touch the top of the side of your hip and go slightly below that. You should feel this muscle turn on during this exercise.

Lie on your side. Bend your top knee, but keep your hip straight. Now lift up your top leg so that it is level with your torso. Holding this position, rotate your hip in so that your foot rises toward the ceiling. When you feel your gluteus medius activate, hold this position until you feel fatigue in this muscle (no more than listed time).

Stop, slowly release the rotation, then slowly lower your leg and rest it. If you feel a different muscle working, stop and check your form.

Repeat 5 Times

Hold 10 Seconds

Complete 2 Sets

Perform 2 Times a Day