
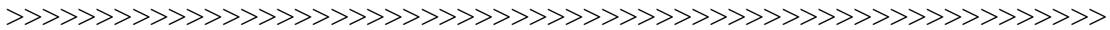
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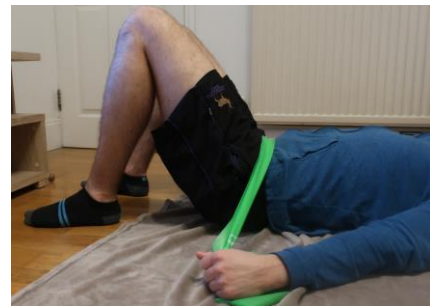
## Gluteal Strengthening

### Exercises:

We would recommend you try the following exercises.

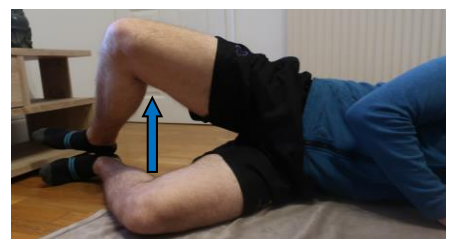
#### Resistance band bridge:

- Lie on your back
- Place a theraband across your pelvis, pressing the ends of the theraband into the floor
- Squeeze your glute and lift your hips
- Hold 10 seconds
- 10 repetitions



#### Clam:

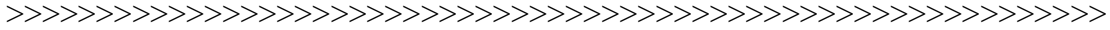
- Lie on your side
- Bend both knees
- Keep your ankles together
- Raise the top knee towards the ceiling
- Hold 5 seconds
- Slowly lower down
- 10 repetitions
- Repeat on the opposite side



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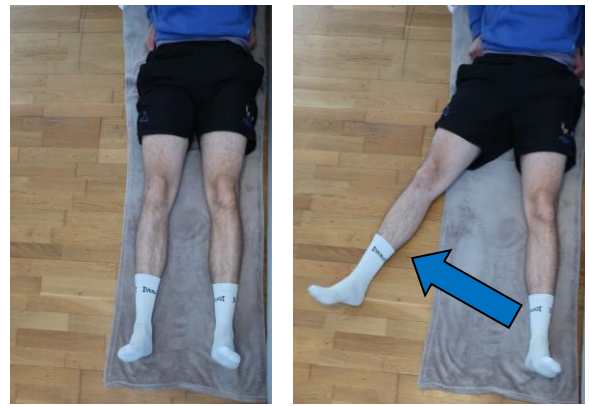


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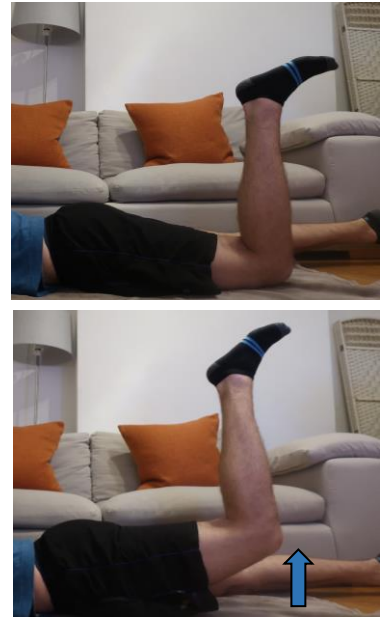
Leg abduction:

- Lying on your back
- Open your leg out to the side
- Bring it to the starting position
- 15 repetitions
- Repeat on the opposite side



Leg hyperextension knee bent:

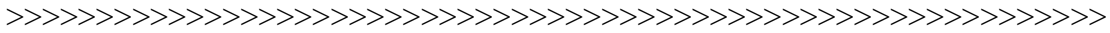
- Lie on your stomach
- Bend the knee of one leg, with the heel pointing towards the ceiling
- Lift the bent knee of the floor
- Hold 5 seconds
- Slowly lower it
- 10 repetitions
- Repeat on the opposite side



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Leg hyperextension knee straight:

- Lie on your stomach
- Keeping your knee straight lift your leg slightly
- Hold 5 seconds
- Slowly lower it again
- 10 repetitions
- Repeat for the opposite side



Bridge with leg extension:

- Lie on your back
- Bend both knees
- Lift your hips
- Keeping your pelvis level, straight one leg up
- Hold 10 seconds
- 10 repetitions
- Repeat for the opposite side

