



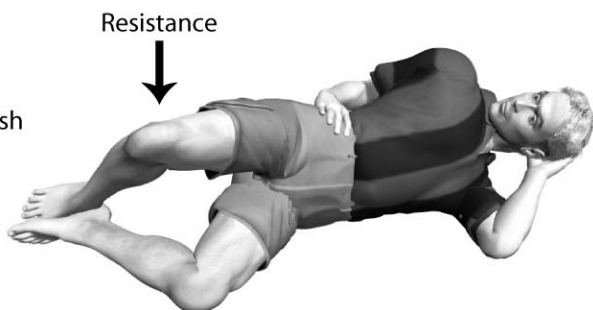
HOME EXERCISE PAGE

Gluteus Medius Strengthening: The Clam

Start



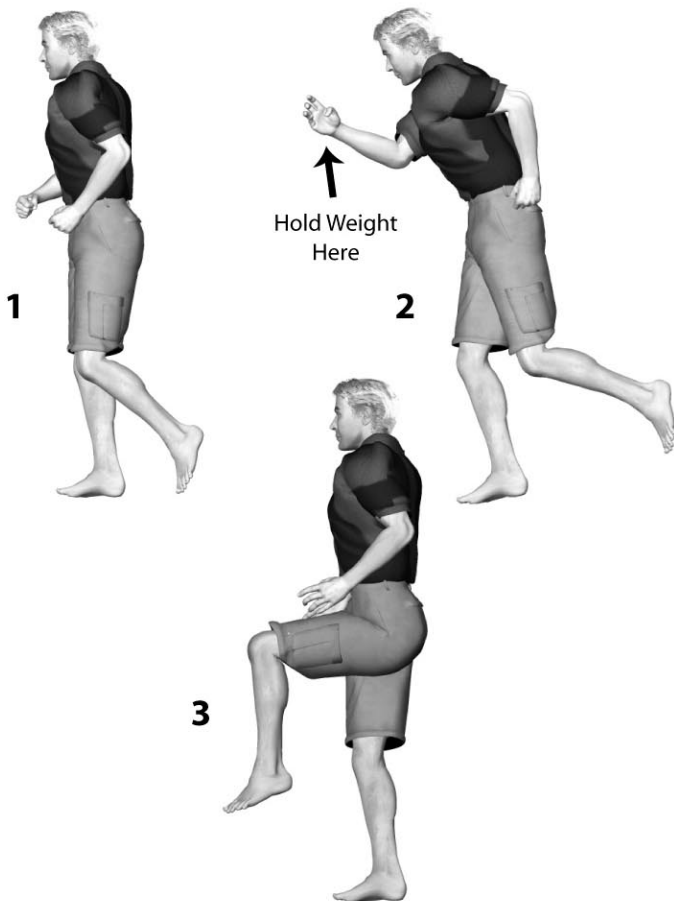
Finish



The patient is sidelying with hips perpendicular to floor, exercising side up. Starting from a position of knees together, slowly raise the knee by abducting and externally rotating at the hip, pivoting at the foot, through full range of motion. Pause momentarily, then slowly return to start position. Begin with an amount of resistance that causes fatigue within 20 - 30 repetitions (without resting between reps). Gradually increase resistance over time, as tolerated, to cause fatigue within 10 - 15 reps.

Do 1 set to fatigue, 2 - 3 times per day.

Gluteus Medius Strengthening: Unilateral Forward Reach



Stand on one leg as shown; bend opposite knee to clear the other foot from the ground. Slowly reach forward as in position #2 with the hand on the same side, knee slightly flexed and pointing straight ahead (do not allow knee to move inwards). Keep trunk straight side-to-side, bending forward mostly at the hip not the low back. Pause momentarily; return to stand and raise opposite knee as in position #3 keeping good balance and standing knee position. Repeat on opposite side.

Begin with an amount of resistance that causes fatigue within 20 - 30 repetitions (without resting between reps). Gradually increase resistance over time, as tolerated, to cause fatigue within 10 - 15 reps.

Do 1 set to fatigue, 2 - 3 times per day.