

Gluteus Medius **EXERCISES**

Get Pain Free and Enjoy Life

Rick Kaselj, MS GluteusMediusExercises.com

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Suite #2289 - 3151 Lakeshore Rd

Kelowna, BC V1W 3S9

Canada

E-mail: support@ExercisesForInjuries.com

Webpage: www.ExercisesForInjuries.com

Phone: (888) 291-2430

Fax: (604) 677-5425

Disclaimer

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The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of his knowledge. It is presented AS IS.

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Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

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3 Stage Exercise Program

Stage 1 – Exercises

					
<p>#1 – Clam Shell with 60 Degrees Hip Flexion (98)</p>	<p>#2 – Clam Exercise with 30 Degrees of Hip Flexion (484)</p>	<p>#3 – Bird Dog with Hip Abduction (99)</p>	<p>#4 – Side Wall Plank (436)</p>	<p>#5 – Wall Leg Raise (487)</p>	<p>#6 – Knee Forward on Wall and Stability Ball (481)</p>
					
<p>#7 – Ball Squat (299)</p>	<p>#8 – Lateral Walking (528)</p>	<p>#9 – Single Leg Standing - Non-involved Leg (451)</p>	<p>#10 – Step Ups (466)</p>	<p>#11 – Static Lunge with Trunk Upright (508)</p>	

Stage 1 – Exercise Table

IMPORTANT - Password for the Videos is in the Column Next to the URL.

	Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Password	Sets & Reps
#1 - Activation	1	98	Clam Shell with 60 Degrees Hip Flexion	http://vimeo.com/48101763	meni7	1 set of 5 repetitions, daily
	2	484	Clam Exercise with 30 Degrees of Hip Flexion	http://vimeo.com/48174350	gmed1	1 set of 5 repetitions, daily
	3	99	Bird Dog with Hip Abduction	http://vimeo.com/48101779	meni7	1 set of 5 repetitions, daily
#2 - Frontal Stability	4	436	Side Wall Plank	http://vimeo.com/31485462	1Fitness	1 set of 5 repetition each held for 5 seconds
#3 - Hip Abduction	5	487	Wall Leg Raise	http://vimeo.com/48169774	gmed1	1 set of 5 repetitions, daily
#4 - Pelvic Stability	6	481	Knee Forward on Wall and Stability Ball	http://vimeo.com/48174318	gmed1	1 set of 5 repetitions, daily

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#5 - Squatting	7	299	Ball Squat	http://vimeo.com/46374410	meni7	Perform 1 set of 5 repetitions, daily
#6 - Lateral Movement	8	528	Lateral Walking	http://vimeo.com/48393432	meni7	1 set of 5 repetitions each direction, daily
#7 - Balance	9	451	Single Leg Standing - Non-involved Leg	http://vimeo.com/31680076	1Exercise	1 set of 5 repetitions each held for 30 seconds, daily
#8 - Stepping	10	466	Step Ups	http://vimeo.com/32935846	7squat	Perform 1 set of 5 repetitions, daily
#9 - Lunge	11	508	Static Lunge with Trunk Upright	http://vimeo.com/48338309	meni7	1 set of 5 repetitions each direction, daily

Stage 2 – Exercises

 <p>#12 – Clam Shell with 60 Degrees Hip Flexion with Tubing (536)</p>	 <p>#13 – Clam Exercise with 30 Degrees of Hip Flexion with Tubing (537)</p>	 <p>#14 – Bird Dog with Hip Abduction with Tubing (538)</p>	 <p>#15 – Side Floor Plank (230)</p>	 <p>#16 – Standing Hip Abduction (530)</p>	 <p>#17 – Knee Against Wall (477)</p>
 <p>#18 – Standing Squat (205)</p>	 <p>#19 – Lateral Tubing Walk (533)</p>	 <p>#20 – Single Leg Standing - Involved Leg (451)</p>	 <p>#21 – Step Up and Over (518)</p>	 <p>#22 – Static Lunge with Trunk Forward (509)</p>	

Stage 2 – Exercise Table

IMPORTANT - Password for the Videos is in the Column Next to the URL.

	Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Password	Sets & Reps
#1 - Activation	12	536	Clam Shell with 60 Degrees Hip Flexion with Tubing	http://vimeo.com/48399882	meni7	Perform 1 set of 5 repetitions, daily
	13	537	Clam Exercise with 30 Degrees of Hip Flexion with Tubing	http://vimeo.com/48399899	meni7	Perform 1 set of 5 repetitions, daily
	14	538	Bird Dog with Hip Abduction with Tubing	http://vimeo.com/48399910	meni7	Perform 1 set of 5 repetitions, daily
#2 - Frontal Stability	15	230	Side Floor Plank	http://vimeo.com/29754066	1Exercise	1 set of 5 repetition each held for 5 seconds
#3 - Hip Abduction	16	530	Standing Hip Abduction	http://vimeo.com/48393781	meni7	Perform 1 set of 5 repetitions, daily
#4 - Pelvic Stability	17	477	Knee Against Wall	http://vimeo.com/48168983	gmed1	Perform 1 set of 5 repetitions, daily

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#5 - Squatting	18	205	Standing Squat	http://vimeo.com/28635195	1Exercise	Perform 1 set of 5 repetitions, daily
#6 - Lateral Movement	19	533	Lateral Walking with Tubing Around Feet	http://vimeo.com/48393914	meni7	1 set of 5 repetitions each direction, daily
#7 - Balance	20	451	Single Leg Standing - Involved Leg	http://vimeo.com/31680076	1Exercise	1 set of 5 repetitions each held for 30 seconds, daily
#8 - Stepping	21	518	Step Up and Over	http://vimeo.com/48387804	meni7	Perform 1 set of 5 repetitions, daily
#9 - Lunge	22	509	Static Lunge with Trunk Forward	http://vimeo.com/48338324	meni7	Perform 1 set of 5 repetitions, daily

Stage 3 – Exercises

 <p>#23 – Side Plank with Leg Lift (100)</p>	 <p>#24 – Pelvic Hip Drop (474)</p>	 <p>#25 – Knee Behind Against Wall and Stability Ball (483)</p>	 <p>#26 – Leg Press</p>	 <p>#27 – Monster Walk (226)</p>	 <p>#28 – Single Leg Deadlift (259)</p>
 <p>#29 – Lateral Step Up (520)</p>	 <p>#30 – Bowling Single Leg Squat (510)</p>				

Stage 3 – Exercise Table

IMPORTANT - Password for the Videos is in the Column Next to the URL.

	Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Password	Sets & Reps
#2 - Frontal Stability	23	100	Side Plank with Leg Lift	http://vimeo.com/48158856	gmed1	Perform 1 set of 5 repetitions, daily
#3 - Hip Abduction	24	474	Pelvic Hip Drop	http://vimeo.com/48158899	gmed1	Perform 1 set of 5 repetitions, daily
#4 - Pelvic Stability	25	483	Knee Behind Against Wall and Stability Ball	http://vimeo.com/48174342	gmed1	Perform 1 set of 5 repetitions, daily
#5 - Squatting	26		Leg Press	No video		Perform 1 set of 5 repetitions, daily
#6 - Lateral Movement	27	226	Monster Walk	http://vimeo.com/29752948	1Exercise	Perform 1 set of 5 repetitions, daily
#7 - Balance	28	529	Single Leg Deadlift	http://vimeo.com/48393485	meni7	Perform 1 set of 5 repetitions, daily
#8 - Stepping	29	520	Lateral Step Up	http://vimeo.com/48388229	meni7	Perform 1 set of 5 repetitions, daily

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#9 - Lunge	30	510	Bowling Singe Leg Squat	http://vimeo.com/48338330	meni7	Perform 1 set of 5 repetitions, daily

Exercise Legend

Below are definitions of what each category is and what it means.

Name of the exercise: The common name used for the exercise.

Purpose of this exercise: What the exercise is targeting and what the goal of the exercise is.

Starting position: What position you need to set your body into before starting the exercise.

How to do this exercise: The key steps in performing the exercise safely and for maximum results.

Progression: What the next step is when the exercise is too easy.

Contraindications & Common Mistakes: Who should be cautious about doing the exercises, or should not be doing them. Common errors that occur when performing the exercise, which will decrease effectiveness and increase the risk of injury.

Equipment Needed

Here is a list of equipment that you will need for the exercises:

- *Bodyweight*
- *Stability ball*
- *Step*
- *Resistive Tubing with handles*
- *Looped resistive tubing*

Stage 1 – Gluteus Medius Exercises

EXERCISE #1: Clam Shell with 60 Degrees Hip Flexion (98)



Purpose:	To work activating gluteus medius in an un-weighted position and focusing on external rotation of the hip.
Starting Position:	Lying on your side on the floor with your hips bent at a 60-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Separate your knees to a point that the top knee can comfortably move without moving your pelvis backwards. 2. Hold the end position for a second and then return to the start. 3. Perform 5 repetitions of this exercise.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Clam Shell with 60 Degrees Hip Flexion with Tubing
Contraindications & Common Mistakes:	<p>Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise.</p> <p>Pelvis is Perpendicular – Your pelvis is perpendicular to the floor. It is not moving during the exercise. You can also put your hand in the area of your back pocket to make sure you are working the right muscle.</p>
Video of this exercise: http://vimeo.com/48101763 / Password: meni7	

EXERCISE #2: Clam Exercise with 30 Degrees of Hip Flexion (484)



<p>Purpose:</p>	<p>To work activating gluteus medius in an un-weighted position and focusing on external rotation of the hip.</p>
<p>Starting Position:</p>	<p>Lying on your side on the floor with your hips bent at a 30-degree angle.</p>
<p>How to Do the Exercise:</p>	<ol style="list-style-type: none"> 1. Separate your knees to a point that the top knee can comfortably move without moving your pelvis backwards. 2. Hold the end position for a second and then return to the start. 3. Perform 5 repetitions of this exercise.
<p>Progressions:</p>	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Clam Exercise with 30 Degrees of Hip Flexion with Tubing
<p>Contraindications & Common Mistakes:</p>	<p>Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise.</p> <p>Pelvis is Perpendicular – Your pelvis is perpendicular to the floor. It is not moving during the exercise. You can also put your hand in the area of your back pocket to make sure you are working the right muscle.</p>
<p>Video of this exercise: http://vimeo.com/48174350 / Password: gmed1</p>	

EXERCISE #3: Bird Dog with Hip Abduction (99)



Purpose:	To work activating gluteus medius in an un-weighted position and focusing on abduction of the hip.
Starting Position:	Start in a 4-point position.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Lift one arm and the opposite leg straight up in a controlled manner until lit is in line with your body. 2. When your leg is in line with the rest of your body, move your leg out to the side. 3. Hold the end position for a second and then return to the start in a slow and controlled manner. 4. Perform 5 repetitions of this exercise.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Bird Dog with Hip Abduction with Tubing
Contraindications & Common Mistakes:	<p>Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise.</p> <p>Sore Wrists – If your wrists are sore in a 4-point position, you can move your hands into a fist.</p>
Video of this exercise: http://vimeo.com/48101779 / Password: meni7	

EXERCISE #4: Side Wall Plank (436)



Purpose:	To improve the activation, endurance and strength of gluteus medius in the frontal plane (side-to-side movements) with a lateral force.
Starting Position:	Start in a standing position, facing sideways to a wall and about an arm length away from the wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Activate the muscles in your abdominal area and lean against the wall on your forearm. 2. Hold the end position for 5 seconds and then return to the starting position. 3. Perform 5 repetitions for 1 set.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions - Increase the hold of the contraction to 10 seconds. - Progress to 2 or 3 sets - Progress to the exercise: Side Floor Plank
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Contracting too Hard – The contraction should be light as that is what translates into real life; if it is too strong it could irritate your back
Video of this exercise: http://vimeo.com/31485462 / Password: 1Fitness	

EXERCISE #5: Wall Leg Raise (487)



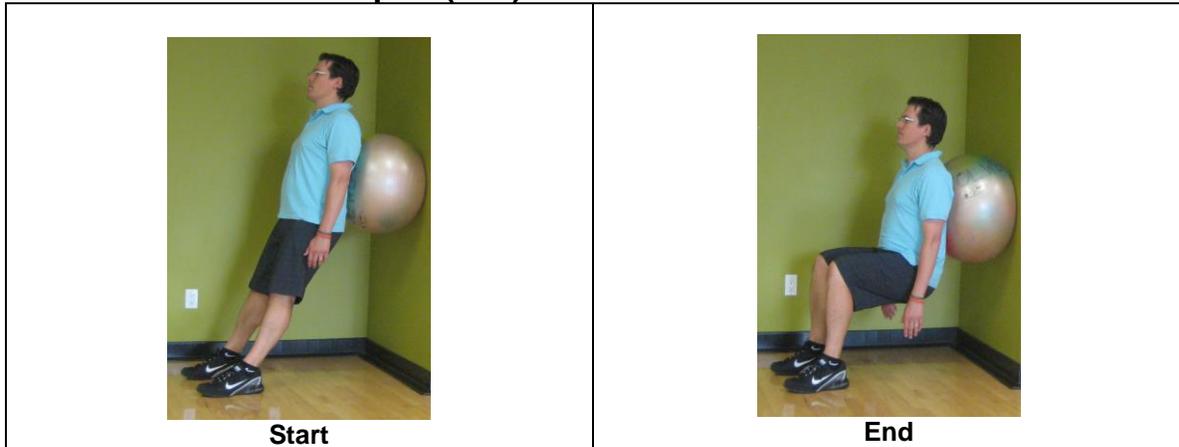
Purpose:	To work on activating gluteus medius in an un-weighted position and focusing on abduction of the hip.
Starting Position:	Start by lying on your side.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Lift your top leg out to the side, to a point that you can without losing alignment of your body. 2. Hold the top position for 1 second and then return the top leg to your side. 3. Perform 5 repetitions for 1 set, and then switch to the other side.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions. - Progress to 2 or 3 sets - Progress to the exercise: Wall Hip Abduction
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Contracting too Hard – The contraction should be light as that is what translates into real life; if it is too strong it could irritate your back - Dropping Your Pelvis Back – This changes which muscles are being focused on.
Video of this exercise: http://vimeo.com/48169774 / Password: gmed1	

EXERCISE #6: Knee Forward on Wall and Stability Ball (481)



Purpose:	To work on pelvic stability in standing by challenging the gluteus medius of the standing leg and leg against the wall.
Starting Position:	Stand on one leg with your knee in front of your body, holding a stability ball between your knee and the wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Press your knee into the stability ball, until the top of your pelvis is parallel to the ground. 2. Hold the end position for 1 second and then return to the start. 3. Perform 5 repetitions for 1 set, and then switch to the other side.
Progressions:	<ul style="list-style-type: none"> - If it is too difficult with a stability ball, you can press into the wall. - Progress to 10 repetitions. - Progress to 2 or 3 sets - Progress to the exercise: Knee Against Wall
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Knee Hyperextended – The knee of the leg you are standing on should be soft. - Pelvis Drops – Work hard to have your pelvis parallel to the floor, this is key.
Video of this exercise: http://vimeo.com/48174318 / Password: gmed1	

EXERCISE #7: Ball Squat (299)



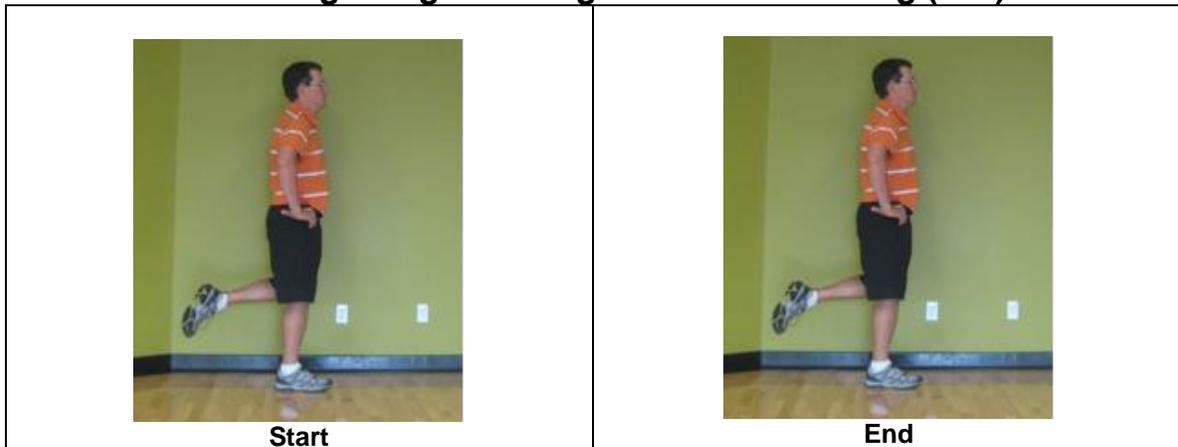
Purpose:	To strengthen gluteus medius in a squatting movement.
Starting Position:	Start by leaning against a stability ball, against a wall with your feet in front of you shoulder width apart.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Bend at your knees and hips like you are sitting into a chair until you reach 90-degrees. 2. Remember, the movement is in a smooth and controlled manner. 3. Hold the end position for a second and then return to the starting position. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions. - Progress to 2 to 3 sets. - Progress to the exercise: Standing Squat
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise. - Vertical Shin – Move your feet away from the wall to a point that your shin is at a 90-degree angle at the end position of the exercise.
Video of this exercise: http://vimeo.com/46374410 / Password: meni7	

EXERCISE #8: Lateral Walking (528)



Purpose:	To work on gluteus medius activation, strength and endurance with frontal plane movement (side-to-side).
Starting Position:	Begin in standing.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Step to the side in a controlled manner. 2. Do one set in one direction and another set in the other direction. 3. Perform 1 set of 5 repetitions of this exercise, daily.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Lateral Walking with Tubing Around Feet
Contraindications & Common Mistakes:	Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise.
Video of this exercise: http://vimeo.com/48393432 / Password: meni7	

EXERCISE #9: Single Leg Standing - Non-involved Leg (451)



Purpose:	To work on gluteus medius stability in standing and loaded position.
Starting Position:	Start by standing on one leg with the side that is strongest.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Hold this position for 30 seconds. 2. Then switch sides. 3. Perform 1 set of 5 repetitions on each side.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions - Progress to 2 or 3 sets - Progress to the exercise: Single Leg Standing - Involved Leg
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Locked Knee – The leg you are standing on is slightly bent. - Upper Body Excessively Leans Forward - This puts greater stress on the front knee, which could lead to irritation. - You Lose Control of Your Upper Body - Slow down the speed of the exercise or decrease how far your leg is away from your body.
Video of this exercise: http://vimeo.com/31680076 / Password: 1Exercise	

EXERCISE #10: Step Ups (466)



Purpose:	To work on gluteus medius in a stepping movement pattern.
Starting Position:	Standing in front of a step.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Stepping forward onto the step with one leg. 2. Hold the end position for a second and then return to the start. 3. Perform 1 set of 5 repetitions of this exercise on each leg, daily.
Progressions:	<ul style="list-style-type: none"> - You can regress the exercise by just doing it on your strong leg - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Step Up and Over
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Knee Collapsing In – Slow down the speed you are doing the exercise. - Front Knee Passes Your Toes – This puts greater stress on the front knee which could lead to irritation. - Upper Body Excessively Leans Forward - This puts greater stress on the front knee, which could lead to irritation.
Video of this exercise: http://vimeo.com/32935846 / Password: 7squat	

EXERCISE #11: Static Lunge with Trunk Upright (508)



Purpose:	To work on gluteus medius in a lunging movement pattern.
Starting Position:	Take a big stride forward with one foot in front and the other behind. Then bring your back knee to the ground so your front and back knees are at a 90-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Straighten the legs and move upwards. 2. Hold the end position for a second and then return to the starting position. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions. - Progress to 2 to 3 sets. - Progress to the exercise: Static Lunge with Trunk Forward
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise. - Vertical Shin – Move your feet away from the wall to a point that your shin is at a 90-degree angle at the end position of the exercise.
Video of this exercise: http://vimeo.com/48338309 / Password: meni7	

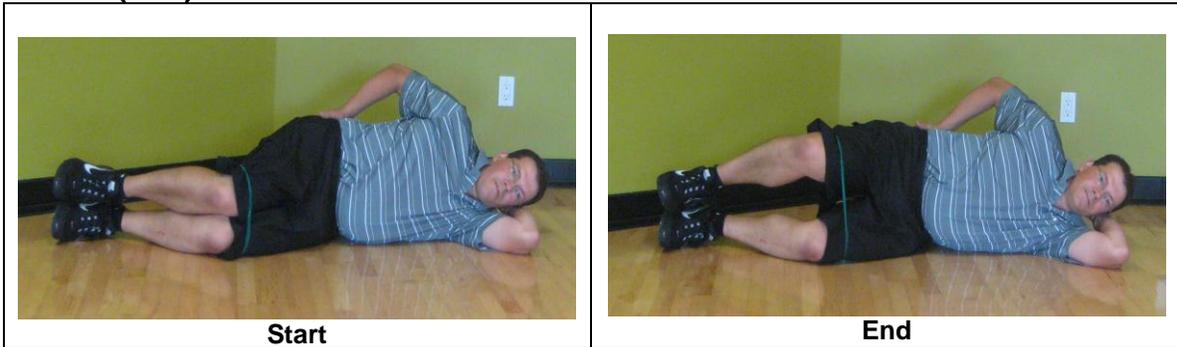
Stage 2 – Gluteus Medius Exercises

EXERCISE #12: Clam Shell with 60 Degrees Hip Flexion with Tubing (536)



<p>Purpose:</p>	<p>To work on activating gluteus medius in an un-weighted position and focusing on external rotation of the hip.</p>
<p>Starting Position:</p>	<p>Lying on your side on the floor with your hips bent at a 60-degree angle and tubing wrapped just above your knees.</p>
<p>How to Do the Exercise:</p>	<ol style="list-style-type: none"> 1. Separate your knees, against the tubing, to a point that the top knee can comfortably move without moving your pelvis backwards. 2. Hold the end position for a second and then return to the start. 3. Perform 5 repetitions of this exercise.
<p>Progressions:</p>	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets.
<p>Contraindications & Common Mistakes:</p>	<p>Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise.</p> <p>Pelvis is Perpendicular – Your pelvis is perpendicular to the floor. It is not moving during the exercise. You can also put your hand in the area of your back pocket to make sure you are working the right muscle.</p>
<p>Video of this exercise: http://vimeo.com/48399882 / Password: meni7</p>	

EXERCISE #13: Clam Exercise with 30 Degrees of Hip Flexion with Tubing (537)



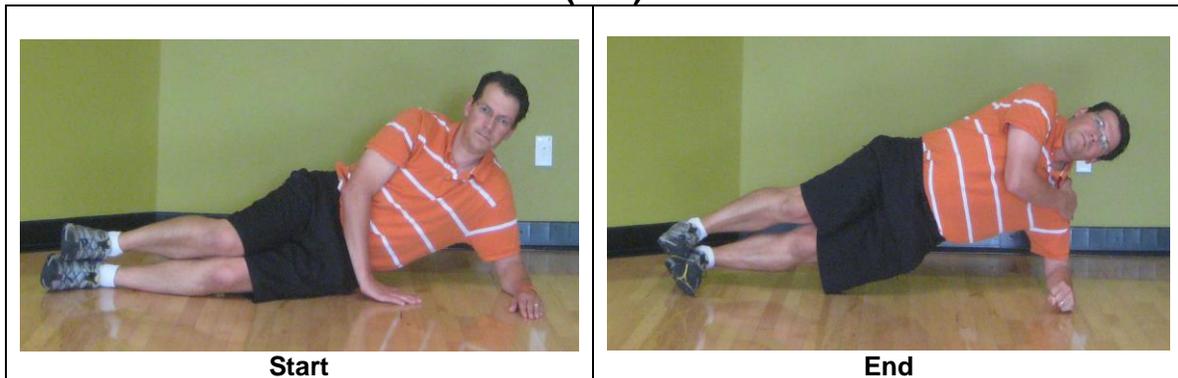
<p>Purpose:</p>	<p>To work on activating gluteus medius in an un-weighted position and focusing on external rotation of the hip.</p>
<p>Starting Position:</p>	<p>Lying on your side on the floor with your hips bent at a 30-degree angle and tubing wrapped just above your knees.</p>
<p>How to Do the Exercise:</p>	<ol style="list-style-type: none"> 1. Separate your knees, against the tubing, to a point that the top knee can comfortably move without moving your pelvis backwards. 2. Hold the end position for a second and then return to the start. 3. Perform 5 repetitions of this exercise.
<p>Progressions:</p>	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets.
<p>Contraindications & Common Mistakes:</p>	<p>Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise.</p> <p>Pelvis is Perpendicular – Your pelvis is perpendicular to the floor. It is not moving during the exercise. You can also put your hand in the area of your back pocket to make sure you are working the right muscle.</p>
<p>Video of this exercise: http://vimeo.com/48399899 / Password: meni7</p>	

EXERCISE #14: Bird Dog with Hip Abduction with Tubing (538)



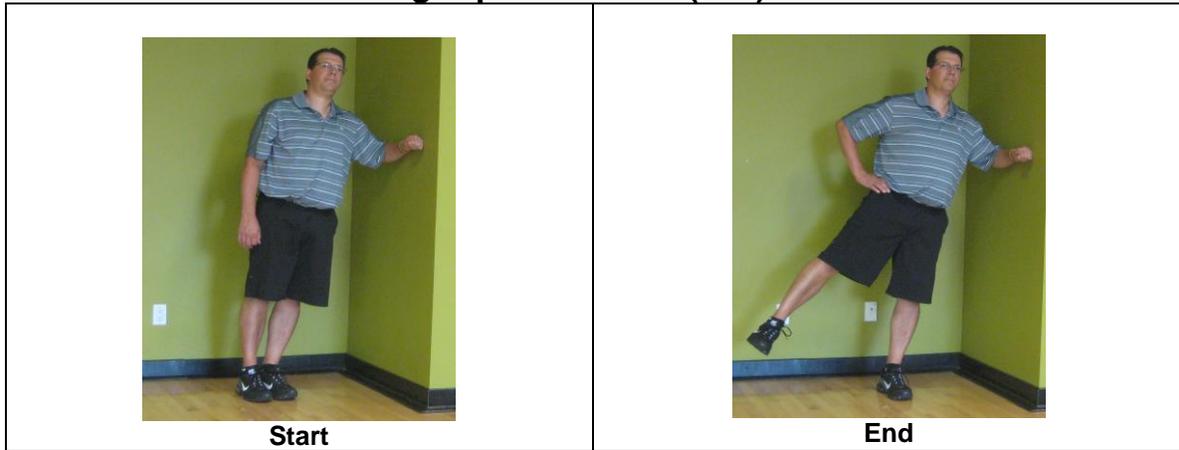
Purpose:	To work on activating gluteus medius in an un-weighted position and focusing on abduction of the hip.
Starting Position:	Start in a 4-point position with tubing in one hand and attached to the other foot.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Lift one arm and the opposite leg which has the tubing, straight up in a controlled manner until lit is in line with your body. 2. When your leg is in line with the rest of your body, move your leg out to the side. 3. Hold the end position for a second and then return to the start in a slow and controlled manner. 4. Perform 5 repetitions of this exercise.
Progressions:	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets.
Contraindications & Common Mistakes:	<p>Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise.</p> <p>Sore Wrists – If your wrists are sore in a 4-point position, you can move your hands into a fist.</p>
Video of this exercise: http://vimeo.com/48399910 / Password: meni7	

EXERCISE #15: Side Floor Plank (230)



<p>Purpose:</p>	<p>To improve the activation, endurance and strength of gluteus medius in the frontal plane (side-to-side movements) with a lateral force.</p>
<p>Starting Position:</p>	<p>Lay on your side with your forearms on the floor.</p>
<p>How to Do the Exercise:</p>	<ol style="list-style-type: none"> 1. Activate the abdominal muscles and lift your body up so it is in a straight line. 2. Use the top hand to pull down on the shoulder that is holding you up to decrease the stress on the shoulder. 3. Hold the top position for 5 seconds and then return to the starting position. 4. Perform 5 repetitions for 1 set, then switch to the other side.
<p>Progressions:</p>	<ul style="list-style-type: none"> - Progress to 10 repetitions. - Progress to 2 or 3 sets - Progress to the exercise: Side Plank with Leg Lift
<p>Contraindications & Common Mistakes:</p>	<ul style="list-style-type: none"> - Contracting too Hard – The contraction should be light as that is what translates into real life; if it is too strong it could irritate your back - Dropping Your Pelvis Back – This changes which muscles are being focused on.
<p>Video of this exercise: http://vimeo.com/29754066 / Password: 1Exercise</p>	

EXERCISE #16: Standing Hip Abduction (530)



<p>Purpose:</p>	<p>To work activating gluteus medius in an un-weighted position and focusing on abduction of the hip.</p>
<p>Starting Position:</p>	<p>Start in a standing position, facing sideways to a wall and about an arm length away from the wall.</p>
<p>How to Do the Exercise:</p>	<ol style="list-style-type: none"> 1. Activate the muscles in your abdominal area and lean against the wall on your forearm. 4. Lift your top leg out to the side, to a point that you can without losing alignment of your body. 5. Hold the top position for 1 second and then return the top leg to your side. 6. Perform 5 repetitions for 1 set, and then switch to the other side.
<p>Progressions:</p>	<ul style="list-style-type: none"> - Progress to 10 repetitions. - Progress to 2 or 3 sets - Progress to the exercise: Pelvic Hip Drop
<p>Contraindications & Common Mistakes:</p>	<ul style="list-style-type: none"> - Contracting too Hard – The contraction should be light as that is what translates into real life; if it is too strong it could irritate your back - Dropping Your Pelvis Back – This changes which muscles are being focused on.
<p>Video of this exercise: http://vimeo.com/48393781 / Password: meni7</p>	

EXERCISE #17: Knee Against Wall (477)



<p>Purpose:</p>	<p>To work on pelvic stability in standing by challenging the gluteus medius of the standing leg and leg against the wall.</p>
<p>Starting Position:</p>	<p>Stand on one leg with your knee beside your body, while your knee resting against the wall.</p>
<p>How to Do the Exercise:</p>	<ol style="list-style-type: none"> 1. Press your knee into the wall, until the top of your pelvis is parallel to the ground. 2. Hold the end position for 1 second and then return to the start. 3. Perform 5 repetitions for 1 set, and then switch to the other side.
<p>Progressions:</p>	<ul style="list-style-type: none"> - You can press into a stability ball. - Progress to 10 repetitions. - Progress to 2 or 3 sets - Progress to the exercise: Knee Behind Against Wall and Stability Ball
<p>Contraindications & Common Mistakes:</p>	<ul style="list-style-type: none"> - Knee Hyperextended – The knee of the leg you are standing on should be soft. - Pelvis Drops – Work hard to have your pelvis parallel to the floor, this is key.

Video of this exercise: <http://vimeo.com/48168983> / Password: gmed1

EXERCISE #18: Standing Squat (205)



Purpose:	To strengthen gluteus medius in a squatting movement.
Starting Position:	Start by standing with both legs about a hip width apart.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Squat down until your knee is at a 90-degree angle when you look at your thigh and lower leg. 2. Hold this position and then return to the starting position. 3. Perform 5 repetitions for 1 set.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions - Progress to 2 or 3 sets - Progress to the exercise: Leg Press
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Knee Collapsing In – Slow down the speed you are doing the exercise. - Front Knee Passes Your Toes – This puts greater stress on the front knee which could lead to irritation. - Upper Body Excessively Leans Forward - This puts greater stress on the front knee which could lead to irritation.

Video of this exercise: <http://vimeo.com/28635195> / Password: 1Exercise

EXERCISE #19: Lateral Walking with Tubing Around Feet (533)

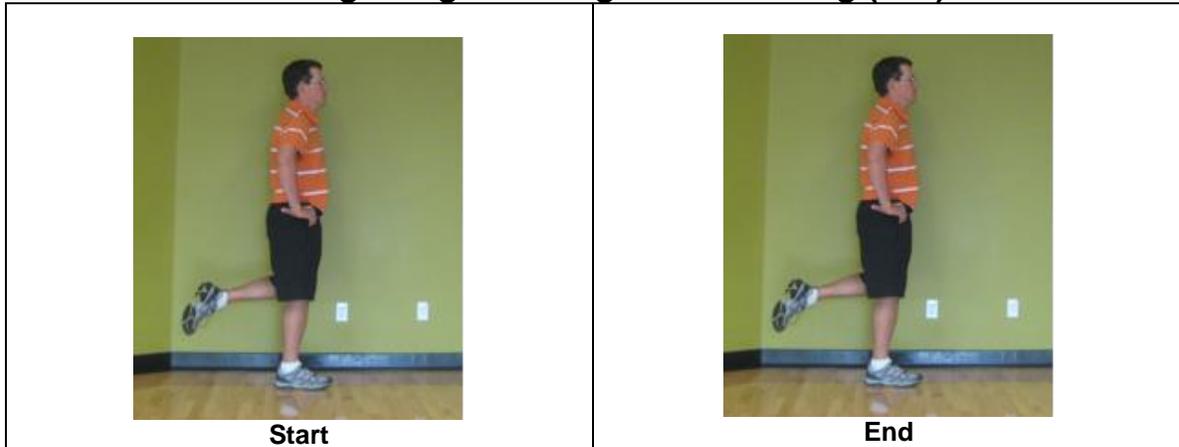


End

<p>Purpose:</p>	<p>To work on gluteus medius activation, strength and endurance with frontal plane movement (side-to-side).</p>
<p>Starting Position:</p>	<p>Begin in standing with looped resistive tubing wrapped around your feet.</p>
<p>How to Do the Exercise:</p>	<ol style="list-style-type: none"> 1. Step to the side in a controlled manner while separating your feet and stretching out the resistive tubing. 2. Do one set in one direction and another set in the other direction. 3. Perform 1 set of 5 repetitions of this exercise, daily.
<p>Progressions:</p>	<ul style="list-style-type: none"> - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Monster Walk
<p>Contraindications & Common Mistakes:</p>	<ul style="list-style-type: none"> - Knee Collapsing In – Slow down the speed you are doing the exercise. - Front Knee Passes Your Toes – This puts greater stress on the front knee which could lead to irritation. - Upper Body Excessively Leans Forward - This puts greater stress on the front knee which could lead to irritation.

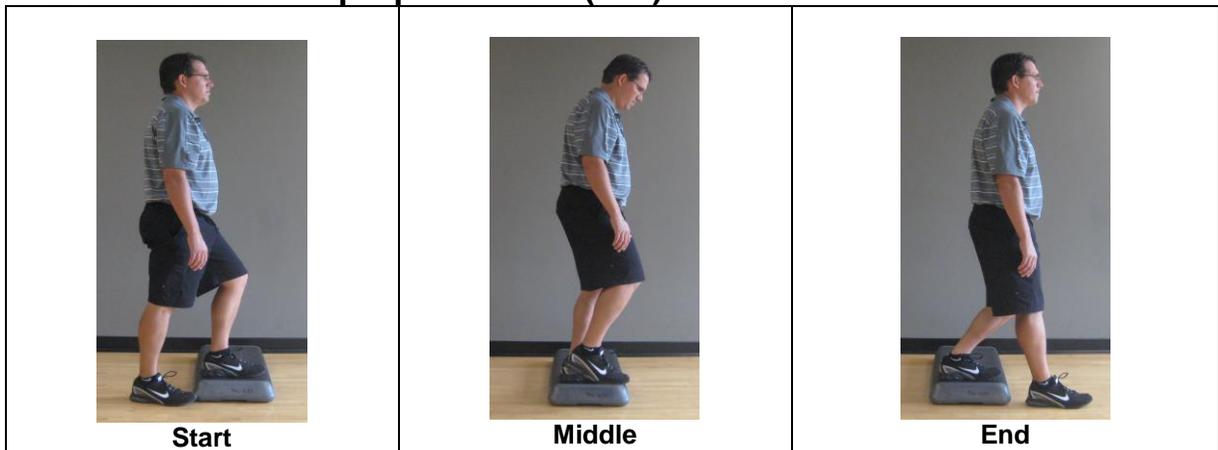
Video of this exercise: <http://vimeo.com/48393914> / Password: meni7

EXERCISE #20: Single Leg Standing - Involved Leg (451)



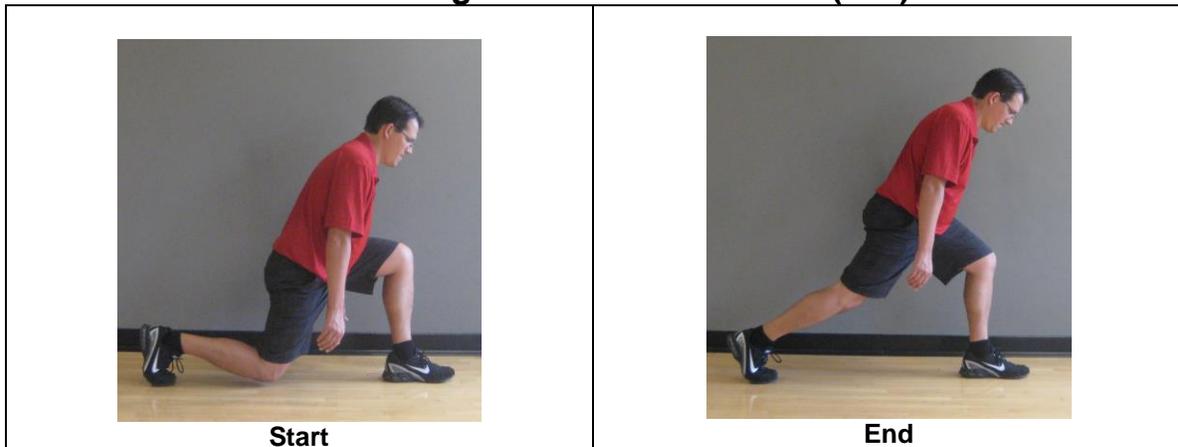
Purpose:	To work on gluteus medius stability in standing and loaded position.
Starting Position:	Start by standing on one leg with the side that is weakest.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Hold this position for 30 seconds. 2. Then switch sides. 3. Perform 1 set of 5 repetitions on each side.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions - Progress to 2 or 3 sets - Progress to the exercise: Single Leg Standing - Involved Leg
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Locked Knee – The leg you are standing on is slightly bent. - Upper Body Excessively Leans Forward - This puts greater stress on the front knee, which could lead to irritation. - You Lose Control of Your Upper Body - Slow down the speed you are doing the exercise or decrease how far your leg is away from your body.
Video of this exercise: http://vimeo.com/31680076 / Password: 1Exercise	

EXERCISE #21: Step Up and Over (518)



Purpose:	To work on gluteus medius in a stepping movement pattern.
Starting Position:	Standing in front of a step.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Stepping forward onto the step with one leg and over to the other side. 2. Hold the end position for a second and then return to the start by walking around the step. 3. Perform 1 set of 5 repetitions of this exercise on each leg, daily.
Progressions:	<ul style="list-style-type: none"> - You can regress the exercise by just doing it on your strong leg - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Step Up and Over
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Knee Collapsing In – Slow down the speed you are doing the exercise. - Front Knee Passes Your Toes – This puts greater stress on the front knee which could lead to irritation. - Upper Body Excessively Leans Forward - This puts greater stress on the front knee which could lead to irritation.
Video of this exercise: http://vimeo.com/48387804 / Password: meni7	

EXERCISE #22: Static Lunge with Trunk Forward (509)



Purpose:	To work on gluteus medius in a lunging movement pattern.
Starting Position:	Take a big stride forward with one foot in front and the other behind. Then bring your back knee to the ground so your front and back knees are at a 90-degree angle while moving your trunk forward 45-degrees.
How to Do the Exercise:	<ol style="list-style-type: none"> 4. Straighten the legs and move upwards. 5. Hold the end position for a second and then return to the starting position. 6. Perform 1 set of 5 repetitions, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions. - Progress to 2 to 3 sets. - Progress to the exercise: Bowling Single Leg Squat
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise. - Vertical Shin – Move your feet away from the wall to a point that your shin is at a 90-degree angle at the end position of the exercise.

Video of this exercise: <http://vimeo.com/48338324> / Password: meni7

Stage 3 – Gluteus Medius Exercises

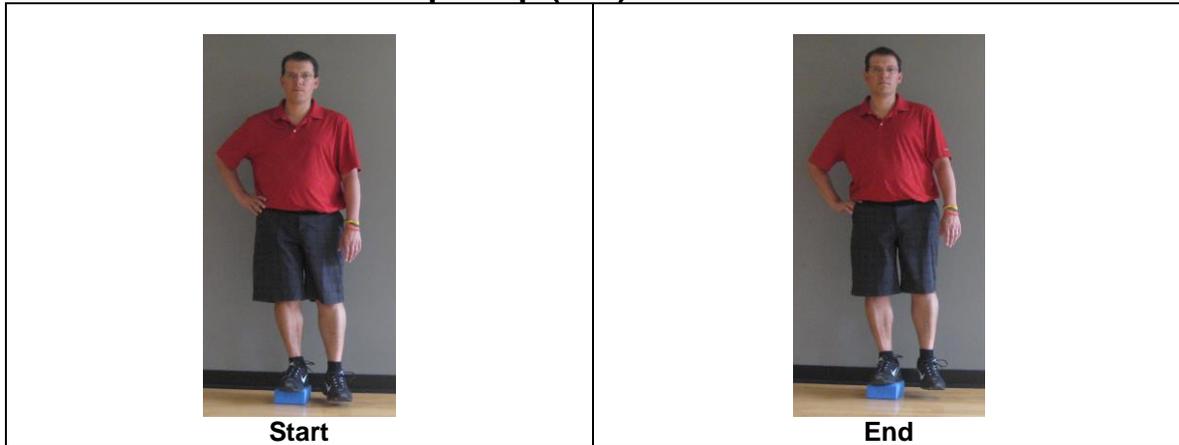
EXERCISE #23: Side Plank with Leg Lift (100)



<p>Purpose:</p>	<p>To improve the activation, endurance and strength of gluteus medius in the frontal plane (side-to-side movements) with a lateral force.</p>
<p>Starting Position:</p>	<p>Lay on your side with your forearms on the floor.</p>
<p>How to Do the Exercise:</p>	<ol style="list-style-type: none"> 1. Activate the abdominal muscles and lift your body up so it is in a straight line. 2. Use the top hand to pull down on the shoulder that is holding you up to decrease the stress on the shoulder. 3. Lift your top leg out to the side, to a point that you can without losing alignment. 4. Hold the top position for 1 seconds and then return the top leg to your side to the starting position. 5. Perform 5 repetitions for 1 set, and then switch to the other side.
<p>Progressions:</p>	<ul style="list-style-type: none"> - Progress to 10 repetitions. - Progress to 2 or 3 sets
<p>Contraindications & Common Mistakes:</p>	<ul style="list-style-type: none"> - Contracting too Hard – The contraction should be light as that is what translates into real life; if it is too strong it could irritate your back - Dropping Your Pelvis Back – This changes which muscles are being focused on.

Video of this exercise: <http://vimeo.com/48158856> / Password: gmed1

EXERCISE #24: Pelvic Hip Drop (474)



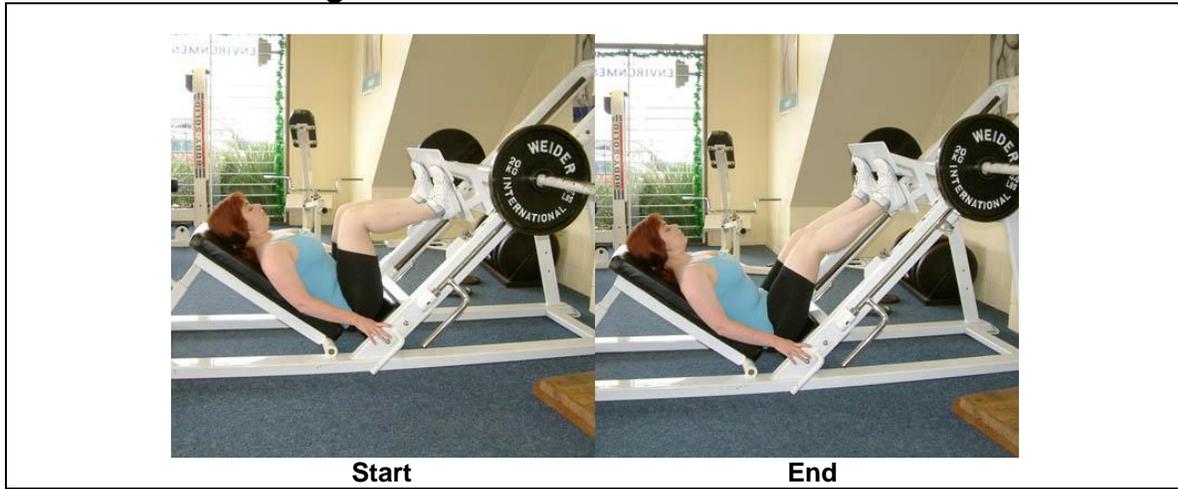
Purpose:	To work on pelvic stability in standing by challenging the gluteus medius of the standing leg and leg against the wall.
Starting Position:	Stand on one leg with your knee behind your body, holding a stability ball between your knee and the wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Press your knee into the stability ball, until the top of your pelvis is parallel to the ground. 2. Hold the end position for 1 second and then return to the start. 3. Perform 5 repetitions for 1 set, and then switch to the other side.
Progressions:	<ul style="list-style-type: none"> - If it is too difficult with a stability ball, you can press into the wall. - Progress to 10 repetitions. - Progress to 2 or 3 sets -
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Knee Hyperextended – The knee of the leg you are standing on should be soft. - Pelvis Drops – Work hard to have your pelvis parallel to the floor, this is key.
Video of this exercise: http://vimeo.com/48158899 / Password: gmed1	

EXERCISE #25: Knee Behind Against Wall and Stability Ball (483)



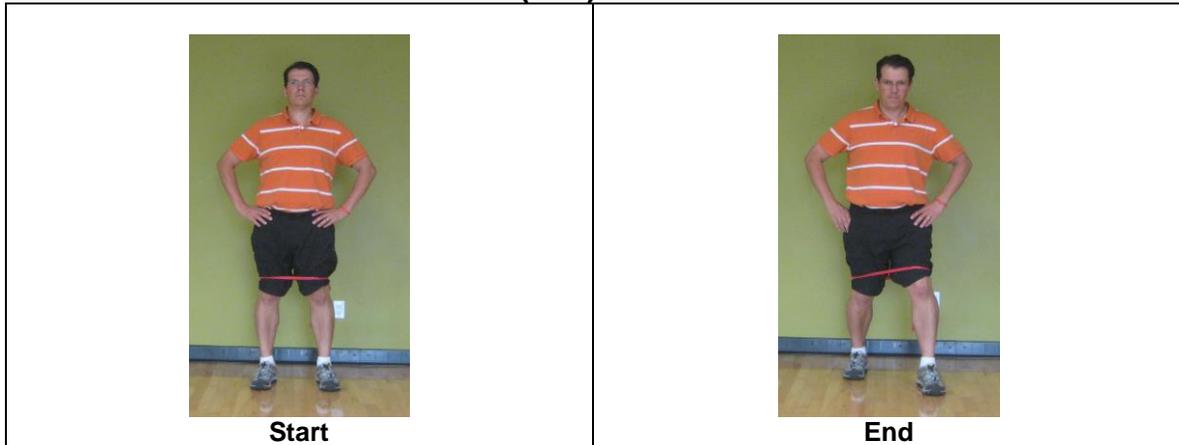
Purpose:	To work on pelvic stability in standing by challenging the gluteus medius of the standing leg and leg against the wall.
Starting Position:	Stand on one leg with your knee behind your body, holding a stability ball between your knee and the wall.
How to Do the Exercise:	<ol style="list-style-type: none"> 4. Press your knee into the stability ball, until the top of your pelvis is parallel to the ground. 5. Hold the end position for 1 second and then return to the start. 6. Perform 5 repetitions for 1 set, and then switch to the other side.
Progressions:	<ul style="list-style-type: none"> - If it is too difficult with a stability ball, you can press into the wall. - Progress to 10 repetitions. - Progress to 2 or 3 sets -
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Knee Hyperextended – The knee of the leg you are standing on should be soft. - Pelvis Drops – Work hard to have your pelvis parallel to the floor, this is key.
Video of this exercise: http://vimeo.com/48174342 / Password: gmed1	

EXERCISE #26: Leg Press



Purpose:	To strengthen gluteus medius in a squatting movement.
Starting Position:	Start by sitting in the leg press machine with both legs about a hip width apart on the platform of leg press machine and the knees bent a little past 90-degrees.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Press into the platform and move it away from you until your legs are straight. 2. Hold the end position for a second and then return to where your knees are bent to 90-degrees. 3. Perform 5 repetitions for 1 set.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions - Progress to 2 or 3 sets
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Knee Collapsing In – Slow down the speed you are doing the exercise. - Front Knee Passes Your Toes – This puts greater stress on the front knee which could lead to irritation. - Upper Body Excessively Leans Forward - This puts greater stress on the front knee which could lead to irritation.
Video of this exercise: There is not video for this exercise.	

EXERCISE #27: Monster Walk (226)



Purpose:	To work on gluteus medius activation, strength and endurance with frontal plane movement (side-to-side).
Starting Position:	Wrap tubing around your thighs, just above your knees.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Step forward and out with each leg. 2. Perform 5 repetitions forward and 5 repetitions back for 1 set, daily.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions - Progress to 2 or 3 sets - Increase the tubing resistance
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Pain-free Movement – Perform the exercise in pain-free ranges of movement. If you feel pain, decrease the range of motion. If you still feel pain, discontinue the exercise.
Video of this exercise: http://vimeo.com/29752948 / Password: 1Exercise	

EXERCISE #28: Single Leg Deadlift (529)



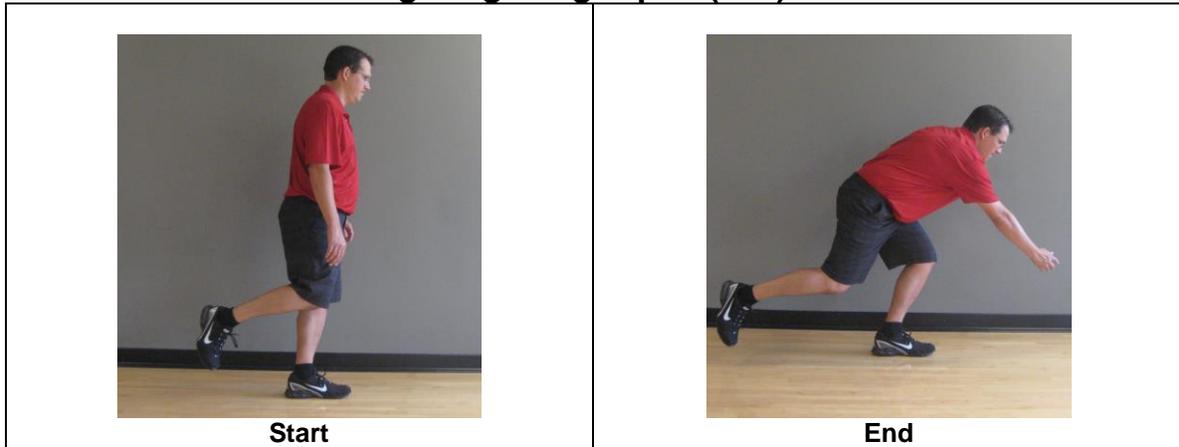
Purpose:	To work on gluteus medius stability in standing and loaded position.
Starting Position:	Start by standing on one leg.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. With the hand of the leg you are standing on, touch the floor while keeping your upper body and leg that you are not standing on in a straight line. 2. Hold the end position for a second and then return to the start. 3. Perform 1 set of 5 repetitions on each side.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions - Progress to 2 or 3 sets -
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Locked Knee – The leg you are standing on is slightly bent. - Upper Body Excessively Leans Forward - This puts greater stress on the front knee, which could lead to irritation. - You Lose Control of Your Upper Body - Slow down the speed you are doing the exercise or decrease how far your leg is away from your body.
Video of this exercise: http://vimeo.com/48393485 / Password: meni7	

EXERCISE #29: Lateral Step Up (520)



Purpose:	To work on gluteus medius in a stepping movement pattern.
Starting Position:	Standing on a step with one leg over the edge of the step.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Bend the knee you are standing on and lower your hanging leg until it lightly touches the floor. 2. Hold the end position for a second and then return to the start. 3. Perform 1 set of 5 repetitions of this exercise on each leg, daily.
Progressions:	<ul style="list-style-type: none"> - You can regress the exercise by just doing it on your strong leg. - You can progress to 10 repetitions. - You can progress to 2 or 3 sets. - Progress to the exercise: Step Up and Over
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Pelvis is Square – Your pelvis is straight; one side is not lower or higher. The top of your pelvis should be parallel to the floor. - Knee Collapsing In – Slow down the speed you are doing the exercise. - Front Knee Passes Your Toes – This puts greater stress on the front knee which could lead to irritation. - Upper Body Excessively Leans Forward - This puts greater stress on the front knee which could lead to irritation.
Video of this exercise: http://vimeo.com/48388229 / Password: meni7	

EXERCISE #30: Bowling Singe Leg Squat (510)



Purpose:	To work on gluteus medius stability in standing and loaded position.
Starting Position:	Start by standing on one leg.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Squat down and reach across your body like you are throwing a bowling ball. 2. Hold the end position for a second and then return to the start. 3. Then switch sides. 4. Perform 1 set of 5 repetitions on each side.
Progressions:	<ul style="list-style-type: none"> - Progress to 10 repetitions - Progress to 2 or 3 sets -
Contraindications & Common Mistakes:	<ul style="list-style-type: none"> - Locked Knee – The leg you are standing on is slightly bent. - Upper Body Excessively Leans Forward - This puts greater stress on the front knee, which could lead to irritation. - You Lose Control of Your Upper Body - Slow down the speed you are doing or decrease how far your leg is away from your body.
Video of this exercise: http://vimeo.com/48338330 / Password: meni7	

References and Best Resources

Bewyer KJ, Bewyer DC, Messenger D, Kennedy CM. (2009). Pilot data: association between gluteus medius weakness and low back pain during pregnancy. Iowa Orthop J. 2009;29:97-9.

<http://www.ncbi.nlm.nih.gov/pubmed/19742094>

- Gluteus medius is strongly associated with the presence of low back pain during pregnancy.

Boudreau SN, Dwyer MK, Mattacola CG, Lattermann C, Uhl TL, McKeon JM. (2009). Hip-muscle activation during the lunge, single-leg squat, and step-up-and-over exercises. J Sport Rehabil. 2009 Feb;18(1):91-103.

<http://www.ncbi.nlm.nih.gov/pubmed/19321909>

- The rectus femoris, gluteus maximus, and dominant gluteus medius were activated in a progression from least to greatest during the step-up-and-over, lunge and single-leg squat - Non-dominant gluteus medius progression activation was from least to greatest during the single-leg squat, step-up-and-over and lunge

- Activation levels of the adductor longus showed no progression.

Burnet EN, Pidcoe PE. (2009). Isometric gluteus medius muscle torque and frontal plane pelvic motion during running. J Sci Med Spor. (2009) 8, 284- 288.

<http://www.jssm.org/vol8/n2/18/v8n2-18pdf.pdf>

- Dynamic testing of gluteus medius may be more appropriate than static testing.

Distefano LJ, Blackburn JT, Marshall SW, Padua DA. (2009). Gluteal muscle activation during common therapeutic exercises. J Orthop Sports Phys Ther. 2009 Jul;39(7):532-40. (Must Read)

<http://www.ncbi.nlm.nih.gov/pubmed/19574661>
http://www.iospt.org/issues/id.2310/article_detail.asp

- Gluteus medius activity was greater during side-lying hip abduction compared to the 2 types of hip clam, lunges, and hop exercises. - The single-limb squat and single-limb deadlift activated the gluteus medius and maximus.

- Gluteus maximus activation during the single-limb squat and single-limb deadlift was greater than lateral band walk, hip clam, and hop exercises.

Ekstrom RA, Donatelli RA, Carp KC. (2007). Electromyographic analysis of core trunk, hip, and thigh muscles during 9 rehabilitation exercises. J Orthop Sports Phys Ther. 2007 Dec;37(12):754-62. Epub 2007 Aug 29.

<http://www.ncbi.nlm.nih.gov/pubmed/18560185>

- The lateral step-up and the lunge exercises produced EMG levels in the vastus medialis obliquus. - The side-bridge exercise could be used for strengthening the gluteus medius and the external oblique abdominis muscles.
- The quadruped arm/lower extremity lift exercise may help strengthen the gluteus maximus muscle.

Farrokhi S, Pollard CD, Souza RB, Chen YJ, Reischl S, Powers CM. (2008). Trunk position influences the kinematics, kinetics, and muscle activity of the lead lower extremity during the forward lunge exercise. J Orthop Sports Phys Ther. 2008 Jul;38(7):403-9. Epub 2008 Apr 15.

<http://www.ncbi.nlm.nih.gov/pubmed/18591759>

- Trunk forward lunge had a significant increase in peak hip flexion angle, hip extensor and ankle plantar flexor impulse, as well as gluteus maximus and biceps femoris muscle activity.

Jeanneret L, Kurmann PT, van Linthoudt D. (2008). [Rotator cuff tear of the hip] [Article in French]. Rev Med Suisse. 2008 May 14;4(157):1226-9.

<http://www.ncbi.nlm.nih.gov/pubmed/18561829>

- Rotator cuff tear of the hip is rupture of the tendons of the gluteus medius and minimus.

Krause DA, Jacobs RS, Pilger KE, Sather BR, Sibunka SP, Hollman JH. (2009). Electromyographic analysis of the gluteus medius in five weight-bearing exercises. J Strength Cond Res. 2009 Dec;23(9):2689-94.

<http://www.ncbi.nlm.nih.gov/pubmed/19910807>

- Single limb stance places more demands on the gluteus medius than double limb stance. - Single limb squats are more demanding than single limb stance. - Exercises performed on an Airex cushion produced greater EMG values as compared with a firm surface, the difference was not statistically significant.

McCurdy K, O'Kelley E, Kutz M, Langford G, Ernest J, Torres M. (2010). Comparison of lower extremity EMG between the 2-leg squat and modified single-leg squat in female athletes. J Sport Rehabil. 2010 Feb;19(1):57-70.

<http://www.ncbi.nlm.nih.gov/pubmed/20231745>

- Greater gluteus medius and hamstring EMG activity occurred during the modified single-leg squat. - 2-leg squat produced higher quadriceps activity and higher quadriceps: hamstrings.

Mercer VS, Gross MT, Sharma S, Weeks E. (2009). Comparison of gluteus medius muscle electromyographic activity during forward and lateral step- up exercises in older adults. Phys Ther. 2009 Nov;89(11):1205-14. Epub 2009 Sep 24.

<http://www.ncbi.nlm.nih.gov/pubmed/19778980>

- Step up exercise are effective in activating the gluteus medius muscle. - Lateral step-up exercises require greater gluteus medisu muscle activation than forward step-up exercises.

Presswood L, Cronin J, Keogh J, Whatman C (2008). Gluteus Medius: Applied Anatomy, Dysfunction, Assessment, and Progressive Strengthening. *Strength and Conditioning Journal*, 30 (5), 41-53. (Must Read)

http://journals.lww.com/nsca-sci/Abstract/2008/10000/Gluteus_Medius_Applied_Anatomy,_Dysfunction,.7.aspx

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About Rick Kaselj

Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES



Hi, I'm Rick Kaselj. **I create exercise programs that help people heal injuries and eliminate pain, so they can go back to living a full, active, healthy life.**

I've always been a fitness and exercise enthusiast, so starting in 1994, I decided to make this my career also. I started as a personal trainer, exercise therapist and kinesiologist, but quickly discovered that many of the traditional exercise and treatment programs weren't producing the results I wanted for my clients...

...so I took it upon myself to get the right knowledge, scour the medical research, and do hands-on testing, so I could ACTUALLY help my clients get better.

With the advent of the Internet, I saw a terrific opportunity to offer and deliver my programs to many more people, so they too could finally get relief from pain, heal their injuries, and get back to the lives they enjoy.

I USE RESEARCH, STUDY, AND HANDS-ON TESTING TO FIND WHAT REALLY WORKS TO HEAL INJURIES AND ELIMINATE PAIN.

I'm all about finding what works... and unfortunately, a lot of the advice out there, even from trained professionals and reputable sources... does not work!

Some of the most effective methods I've discovered for eliminating pain and healing injuries are counterintuitive... and they required diligent research, testing, and creativity to discover.

People get the best results when they follow a program that's been properly designed. The best programs include only the exercises that are necessary, instructions for how to perform them properly, the proper order in which to perform them, and instructions for what the right amount of rest is, and when to take it. Not doing all the steps, or performing them in the wrong order, or taking too little rest, or too much, can throw you off course, and sometimes even make things worse!

Rick Kaselj, MS, BSc, PK, CES
ExercisesForInjuries.com

I've learned that understanding the CAUSE of injuries and painful conditions can help heal and prevent them. For example, most people don't realize that they're doing certain things every day that put stress and tension on certain muscles, tendons, tissues and joints, and over time, this creates chronic pain and injury. Simply becoming aware, and then making tiny adjustments, can actually result in a much higher quality of life for many people.

All of my injury and exercise programs were developed as a result of my research, study and years of hands-on testing and training:

- I've been in the fitness and rehab industry since 1994.
- I spent 6 years at University studying kinesiology, corrective exercise and therapeutic exercise, and got my Master's Degree in exercise science.
- I have 16 years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I've conducted thousands of personal training sessions.
- I've carefully scrutinized hundreds of relevant medical research papers.
- I'm also an author and speaker and I've given over 260 presentations to more than 5,000 fitness professionals across Canada and USA.

WHAT MY CLIENTS AND CUSTOMERS SAY:

“Your exercises have changed my life. I have been in constant pain for 15 years.”

Shelley Watson, Carmel, CA

“I just wanted to say thank you for providing what I needed to resolve my hip problem! After following your exercises, I went through work all day with no pain and no pain medication. Yeah!! Thanks so much for a simple answer to a problem I have been dealing with for months.” ***Tracy Walker, North Carolina***

“Before I used the information, I couldn’t walk normally for at least the first 15 minutes each morning. After using the program, I only have a little pain, but it eventually all got better with continued attention.” ***Cher Anderson, Athens, TN***

“Thank you Rick, you saved my career!” ***Marco Mura, Professional Forester, Sardegna, Italy***

“I used the 90 second pain relief alone and it helped relieve the pain right away and after playing sports I feel better and the pain is not as intense. I thought I would just have to retire due to the foot pain, but I now see there is hope with your program it has helped me a lot.” ***Audal Acosta***

I HAVE A FREE GIFT FOR YOU...

THAT WILL START DECREASING YOUR PAIN NOW!

Before we go any further, I want to send you some of my very best stuff FOR FREE! It's my introductory gift to you. (I like to give value first, and be as helpful as I can upfront.)

My newest DVD is called "The Pain Hacker" and **I want you to have it for free.**

What is it? It's an extensive collection of 90-second pain fixes that you can do to start reducing the pain you have right now. On the video, I go through each technique slowly and carefully to show you exactly how to do them, so you can start reducing your pain and get back to a healthy, more active life.

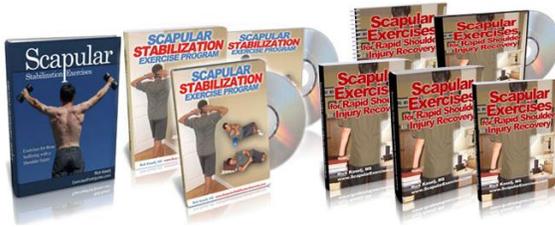
I don't want to give away too much here, but...

- "The Pain Hacker" DVD contains 90-second pain fixes for shoulder, back, knee, elbow, foot, neck, wrist, hip, hand pain, and much more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age!
- With your free DVD, I'm also going to throw in two bonus programs that will teach you simple exercises that could radically change the way you feel, day-to-day.
- My unconventional "Pain Fixes" in your free DVD have been featured and talked about in these publications (and more).



Get your FREE DVD at: www.ThePainHacker.com/free-DVD-2

Scapular Stabilization Secrets



This is the RESEARCH- BACKED exercise program that will finally help your clients decrease pain, improve range of motion, and increase shoulder stability. What will you learn?

- My secret weapon for healing shoulder injuries
- Why most trainers and therapists focus on the rotator cuff in a shoulder injury, when they should focus on improving the activation, endurance, and strength of the scapular muscles
- Why your Scapular Stabilization exercise program is a waste of time... unless it includes all 5 of these components

Learn more at: www.ScapularStabilizationExercises.com

Eliminate Calf Pain (Achilles Tendinitis and Tendinosis)

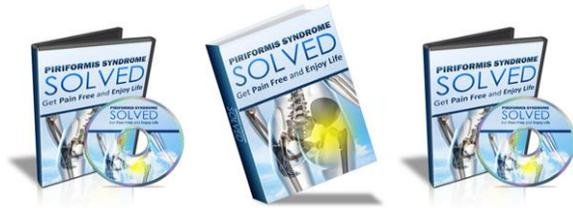


Do you have recurring pain in your calf? Have you been diagnosed with Achilles Tendinitis or Tendinosis? If so, my research -backed video exercise program is for you! Simple step-by-step videos take you through a specially -designed program to eradicate your calf pain, Achilles Tendinitis, and Tendinosis ONCE AND FOR ALL. You'll be back to hiking, walking and running before you know it. Here's a small sampling of what you'll learn in the program:

- QUICK START (non-exercise) techniques you can use to start melting your calf pain away RIGHT NOW
- ALL the exercises you need to eliminate your calf pain... AND I'll tell you the exercises that are commonly prescribed, but you don't need to worry about
- How to do each exercise, with slow, step-by-step instructions... the correct order you should follow... and how much rest you should take... to get the best and fastest results

Learn more at: www.AchillesTendinitisExercises.com

Eliminate Piriformis Syndrome

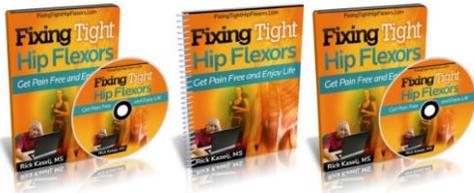


The step-by-step exercise program that ANYONE can do... that heals your Piriformis Syndrome, and allows you to: take long walks again, watch entire movies without getting up, easily lift your child... all without any pain. Here are just a few samples of what you'll learn and get in this program:

- Why you need to do more than just strengthen your core to eliminate your Piriformis Syndrome
- How to start decreasing your pain IMMEDIATELY, WITHOUT ANY EXERCISE
- These stretches and exercises are making your Piriformis Syndrome WORSE

Learn more at: www.PiriformisSyndromeSolution.com/end-piriformis-pain

Fixing Tight Hip Flexors



This video program has 35 exercises and other techniques designed to help you overcome painfully Tight Hip Flexors... without expensive appointments, drugs, or surgery. You'll be back to walking, running, and creating fun memories with your friends and family in just a few weeks! Here's a small sampling of what you'll learn in the program:

- THE SINGLE MOST IMPORTANT movement you need to do in order to overcome your Tight Hip Flexors (it's Component #8 in the program)
- Why it's important to decrease stress and tension in your knee, in order to fix your tight hip flexors... and how to do it properly
- The 8 CRITICAL COMPONENTS that must be included in any effective program for fixing Tight Hip Flexors (these components come from 16 years of hands-on experience and careful scrutiny of 30 separate medical research papers)

Learn more at: www.FixingTightHipFlexors.com

Heal Back Pain (Gluteus Medius Strength Program)



This exercise program ELIMINATES BACK PAIN by strengthening your Gluteus Medius. The Gluteus Medius is often ignored, but when properly exercised and strengthened, it can stabilize your pelvis and decrease stress on your back, which eliminates back pain. In this program, you'll learn these things (and

much more):

- How to eliminate your back pain as quickly as possible (HINT: you must do the exercises in the right order so they build on each other and your progress is multiplied!)
- What most trainers and physical therapists don't know about back pain and the Gluteus Medius
- Why exercises that target your knees and hips also strengthen the Gluteus Medius and help with back pain

Learn more at: www.GluteusMediusExercises.com

Best Gluteus Maximus Exercises

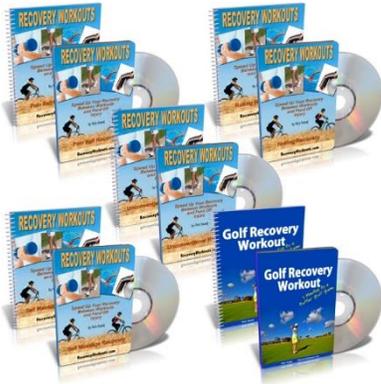


This is a fast, simple, safe, and effective program for improving your Gluteus Maximus. Most health and fitness professionals don't know about this program, or are doing it wrong. In as little as 7 days, you can go back to pain-free walking, running and living! Here are a few samples of what you'll learn in the program:

- Stretches and exercises that actually make your Gluteus Maximus WORSE
- Common mistakes people make doing Gluteus Maximus exercises
- The correct form for all of the exercises, shown step-by-step on easy-to-follow videos

Learn more at: www.BestGluteusMaximusExercises.com

How To Speed Up Recovery Between Workouts

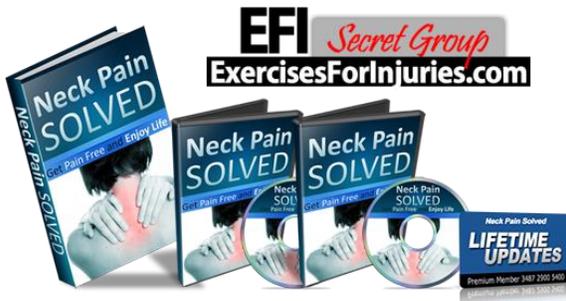


Do you want to get better results from your workouts? Experience fewer aches, pains and injuries between workouts? Spend less time and money at the massage therapist? This comprehensive video program is going to help you achieve all that and more. Here are just a few of the things you'll be learning:

- What you should NEVER do if you have aches and pains between workouts
- 3 techniques and unconventional tools that RAPIDLY speed recovery between workouts
- How to get the powerful recovery effects of massage, WITHOUT SPENDING A CENT!

Learn more at: www.RecoveryWorkouts.com

No More Neck Pain



What if you could PERMANENTLY end your neck pain? This INNOVATIVE video program will teach you the simple movements and proven exercises that will make that a reality for you. Here are a few of the things you'll learn:

- An UNUSUAL technique that can start melting your neck pain away IMMEDIATELY
 - How to get lasting, long- term relief for your neck... not just a temporary fix
- What I learned working with hundreds of clients with neck pain that most other professionals will never know

Learn more at: www.NeckPainSolved.com

Erase Foot & Heel Pain (Plantar Fasciitis)



How do you eliminate Plantar Fasciitis? Do the right exercises, in the right order, with the right amount of rest. This simple, 12–week program gives you EXACTLY what you need to permanently erase your foot and heel pain. Here’s a small sampling of what you’ll learn:

- Why trying to strengthen your plantar fascia is a common mistake, and only makes your heel pain WORSE (hint: the plantar fascia is not a muscle!)
- One simple technique that anyone can do... that will get rid of your Plantar Fasciitis MUCH FASTER
- How to match the right exercise routine to where you are in your recovery, so you get the best results, in the least amount of time

Learn more at: www.PlantarFasciitisReliefIn7Days.com/home11

Eliminate Thoracic Outlet Syndrome



FINALLY... a simple, but effective program to overcome your Thoracic Outlet Syndrome... without expensive appointments, drugs, or surgery. My easy-to-follow, step-by-step videos and guides will help you GET PAIN- FREE in as little as 7 days. Here are just a few examples of what you’ll learn in my program:

- A strange exercise I discovered using a SMALL BALL... that erased hand numbness in LESS THAN ONE MINUTE
- How to properly adjust the intensity of each exercise you do, so you can recover as quickly as possible, but also make sure you don’t re-injure yourself
- The exercises you should NEVER do if you have Thoracic Outlet Syndrome

Learn more at: www.ThoracicOutletSyndromeSolved.com

Eliminate Pain After Your Knee Replacement



This program is perfect for getting back to a pain-free life after Knee Replacement surgery. My videos and guides give you a step-by-step program that's easy and fun to follow. You'll be back to your active and enjoyable life in just a few weeks' time. Here's a small sample of what you'll learn:

- Why my program has 9 components... and why leaving any one of them out makes it much more difficult to recover and eliminate pain
- 10 different ways you can speed up your recovery after your Knee Replacement
- Why doing exercises you find on the Internet could actually RE-INJURE YOUR KNEE

Learn more at: www.KneeReplacementHandbook.com

Overcome Your Hamstring Injury



Could it really be THIS EASY to overcome your Hamstring Injury... completely on your own... without expensive physical therapy, drugs or surgery? My simple, 9-step program will erase your pain in as little as 7 days, and get you back to the full life you want. Videos, guides and photos give you the exercises and routines THAT WORK. Here's a small sampling of what you'll learn:

- Why massage isn't really helpful for Hamstring Injuries... and what is
- How to start decreasing your Hamstring pain in JUST MINUTES
- How to prevent future Hamstring Injuries

Learn more at: www.HamstringInjurySolution.com

Ankle Sprain Solved



Ankle sprains are common, and mostly a minor injury. But if they aren't properly rehabilitated, they can lead to more and greater injuries. My Ankle Sprain Solved program eliminates pain and properly heals your Ankle Sprain, so you can get back to an active and engaging life. Here are a few of the things you'll learn in the program:

- How decreasing stress and tension in your knees helps heal your Ankle Sprain
- What you need to do to PERMANENTLY heal your ankle... not just get a temporary fix
- The SINGLE most important exercise you can do to heal your Ankle Sprain

Learn more at: www.AnkleSprainSolved.com

Fix Your Frozen Shoulder



Frozen Shoulder is a common condition, but most health and fitness professionals treat it incorrectly. My program provides you with videos, guides and photos that explain this condition thoroughly, and give you a step-by-step, 7-component, 12-week program to follow that will completely eradicate your Frozen Shoulder. Here are just a few of the things you'll learn:

- The 3 most common mistakes people (and professionals) make treating Frozen Shoulder... which AGGRAVATES the condition instead of improving it
- Why stretching is an important part of fixing your Frozen Shoulder... but it's only 1 of 7 critical components in my treatment program. In my experience, the best results come when ALL 7 components are used.
- How my program is designed to provide lasting, long- term relief from Frozen Shoulder... not just a temporary fix

Learn more at: www.FrozenShoulderSolution.com

Iliotibial Band (IT Band) Syndrome Solution

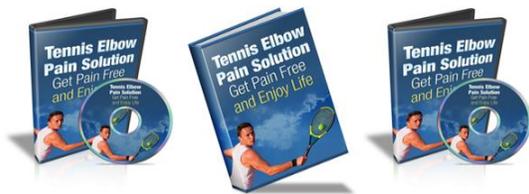


IT Band Injuries are common for runners, athletes and active people. This video -based program helps you overcome IT Band Syndrome, eliminate the pain, and get back to your active lifestyle. Here are just a few of the things you'll learn and get in this program:

- A complete program THAT ACTUALLY WORKS – it has all the exercises you need, and none that you don't
- Pain- relief techniques you can start using IMMEDIATELY
- A comprehensive explanation of how IT Band Injuries occur, and what you can do to prevent them in the future

Learn more at: www.IliotibialBandSyndromeSolution.com

Eliminate Tennis Elbow



My simple, 6-step video program is PROVEN to eliminate Tennis Elbow. Before you know it, you'll once again be able to move your arms freely, pick up your kids, and grab and lift objects, all WITHOUT PAIN. Here are some of the things you'll learn in my program:

- How to diagnose yourself and make sure you definitely have Tennis Elbow
- Why you need to follow a specific plan, with a specific progression of exercises (in 3 different stages) to fully eliminate your Tennis Elbow
- How lengthening the muscles in your forearm is an important aspect of fixing your Tennis Elbow... and exactly how to do it

Learn more at: www.TennisElbowPainSolution.com

Mend Your Meniscus Tear



A Meniscus Tear is a nasty, painful injury... but my simple, step-by-step videos and guide will help you overcome it FAST, so you can get back to walking, running and having the active lifestyle you want. Here are just a few examples of what you'll learn in the program:

- Why a specific course of exercises and techniques is necessary to overcome your Meniscus Tear... and why you should NEVER just cobble together a random combination of exercises
- Why my program has 13 specific components, and why none of them should be left out
- The single most important movement you can do to heal your Meniscus and eliminate pain ASAP

Learn more at: www.MeniscusTearSolution.com

Lumbar Spinal Fusion Recovery Program



Do you have clients who are recovering from a Lumbar Spinal Fusion? I developed a special video-based exercise program for this exact situation. Video, audio and written materials give you a HIGHLY - EFFECTIVE course of treatment to get your Lumbar Spinal Fusion clients recovered QUICKLY, and give

you the opportunity to earn Continuing Education Credits. Here's a tiny sampling of what you'll learn and get in the program:

- The most effective exercises for recovery from Lumbar Spinal Fusion (NOTE: most of these exercises ARE NOT taught in Personal Training Certifying Courses)
- The 5 most common reasons Lumbar Spinal Fusion surgery occurs
- A full- color HANDOUT of the EXACT Lumbar Spinal Fusion Exercise Program I give to my clients (you can print this out and give it to all your clients)

Learn more at: www.LumbarFusionExercises.com

Eliminate Sacroiliac (SI) Joint Pain FAST



This simple, step-by-step guide will finally end your SI Joint Pain. It's a safe and effective program that most health and fitness professionals don't know about, or are doing wrong. Here are just a few of the things you'll learn:

- How Sacroiliac pain is different from regular back pain... and what to do differently to treat it
- Why doing SI Joint Pain exercises in a certain order is crucial, and what the correct order is
- The ONE movement you MUST do in order to overcome your SI Joint Pain

Learn more at: www.SacroiliacPainSolution.com/end-si-joint-pain

Eliminate Stubborn Knee Pain (Patellofemoral Syndrome)



Patellofemoral Syndrome is a common condition that causes knee pain, especially for runners. Most health and fitness professionals are ineffective at treating this condition, so I created my Patellofemoral Syndrome Solution video program, which is backed by research and 16 years of hands-on experience treating thousands of people with knee pain. Here are just a few of the things you'll learn in my program:

- Why stretching DOESN'T fix Patellofemoral Syndrome
- How you can use common household items to perform all the exercises you need to ELIMINATE YOUR KNEE PAIN and get rid of Patellofemoral Syndrome FOR GOOD
- Why the order in which you do the exercises is important for success

Learn more at: www.PatellofemoralSyndromeSolution.com

Shin Splints Solved



Shin Splints is a common condition, especially for runners, but most of the advice out there for treating it is ineffectual. I designed my Shin Splints Solved program after 6 years at university, 16 years of personally treating clients, and careful scrutiny of 22 relevant medical research papers. This program is **HIGHLY -EFFECTIVE** at eliminating Shin Splints and shin pain. You **WILL** be

running again – without pain – before you know it! Here's just a small sample of what you'll learn in my program:

- Why ice and stretching are only temporary fixes for Shin Splints... and what to do instead to get long-lasting relief
- Why most trainers and therapists take a shotgun approach to prescribing more and more exercises, while I ask you to focus **ONLY** on the exercises you absolutely need (those that are most effective at eliminating Shin Splints)
- Why most health and fitness professionals don't have you strengthen your ankles... and why you **MUST** if you want to erase shin pain

Learn more at: www.ShinSplintsSolved.com

Jumper's Knee Solution



Do your knees hurt when you run or jump, especially while playing sports like basketball or volleyball? My Jumper's Knee Solution program is for you! It's a video-based exercise program that will get you back to your sports in as little as 7 days. What will you learn?

- The specific exercises that will make your pain go away **FOR GOOD**
- Which exercises you should **NEVER** do if you have Jumper's Knee
- The 10 simple steps you need to follow – **IN THE CORRECT ORDER** – to eliminate Jumper's Knee

Learn more at: www.JumpersKneeSolution.com