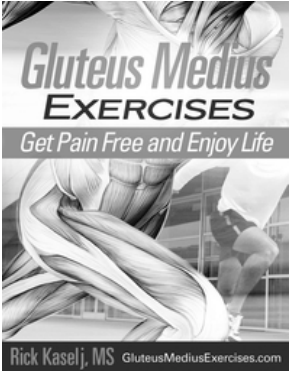


Gluteus Medius Exercises



Gluteus Medius EXERCISES
Get Pain Free and Enjoy Life

Rick Kaselj, MS GluteusMediusExercises.com

Rick Kaselj – ExercisesForInjuries.com


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My Story

Rick Kaselj

- BSc – 1997
- MS – 2008 / RC
- Work – physio, studio, gym, rehab
- Courses – live, webinars
- Writing – books, manuals
- Blog – ExercisesForInjuries.com

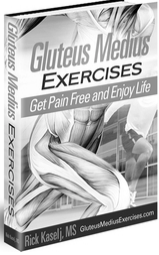
Rick Kaselj – ExercisesForInjuries.com



Rick Hiking 4300 km / 5 months from Mexico to Canada

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Presentation Objectives



- **Part 1** – What is the Big Deal About Gluteus Medius?
- **Part 2** – Exercise Considerations for Gluteus Medius
- **Part 3** – 12-Week (3 Stage) Exercise Program Targeting Gluteus Medius

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Gluteus Medius Exercises

Part 1 – What is the Big Deal About Gluteus Medius?

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Core Stability of the Hip

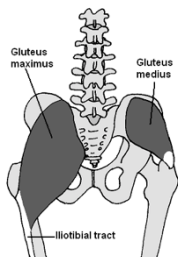
– Gluteus Medius Muscles are Core Stabilizers of the Hip:

- “The ability of the muscles around the pelvis and trunk to provide the activation, endurance, strength and power to stabilize the pelvis and trunk in all three planes of movement in static, dynamic and functional movements” – Rick Kaselj

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Key Structures Involved in Gluteus Medius Exercises



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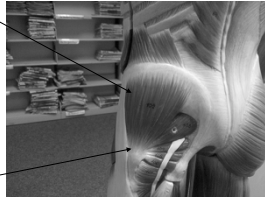
- Key Structures
 - Gluteus Medius
 - Gluteus Minimus
 - Secondary Structures
 - Gluteus Maximus, Quadratus Lumborum, Hip Adductors, Tensor Fascia Latae, Psoas

Gluteus Medius Exercises

Key Structures Involved in Gluteus Medius Exercises

- **Gluteus Medius**

- Primary function is a hip abductor
- Provides frontal plane stability for the pelvis during walking and other activities
- Has three sets of fibers – anterior, middle, posterior
- Tapers to a strong tendon



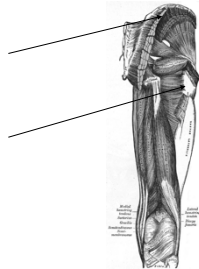
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Key Structures Involved in Gluteus Medius Exercises

- **Gluteus Medius**

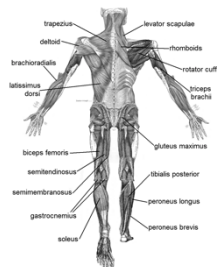
- **Origin** – outer surface of the ilium between the middle and posterior gluteal lines
- **Inserts** – lateral surface of the greater trochanter of the femur



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Key Structures Involved in Gluteus Medius Exercises



- **Gluteus Medius**

- **Primary function** – hip abduction
- **Anterior fibers** – assist in hip flexion and hip internal rotation
- **Posterior fibers** – assist in hip extension and hip external rotation

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Gluteus Medius Exercises

Key Structures Involved in Gluteus Medius Exercises

- **Gluteus Medius**

- It is responsible for preventing the opposite side of the pelvis from dropping during standing or when the body is in a one leg stance position (walking, running, cutting, etc.)
- If pelvis drops it is called a Trendelenburg Gait



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Most Common Causes Leading to Poor Gluteus Medius Function

- Rotator cuff tear of the hip (Jeanneret 2008)
- Congenital dislocation of the hip
- Habit of standing on one leg with hip popping out
- Sleeping on one's side with top leg flexed and adducted over lower leg
- Stretch weakness – GM put in as stretch position



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What Can Poor Gluteus Medius Function Lead to in the Hip?

- **Lower extremity injuries**

- Trendelenburg Gait
 - Less efficient and decrease speed of walking and running
 - Increased risk of LBP
- Patellofemoral pain syndrome
- Iliotibial band friction syndrome
- Anterior cruciate ligament sprains
- Chronic ankle instability
 - (Distefano 2009) (Presswood 2008)




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Gluteus Medius Exercises

Assessing Gluteus Medius



- **Supine Hip Abduction (Stage 1) – (522)**
 - No movement of the pelvis


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Assessing Gluteus Medius

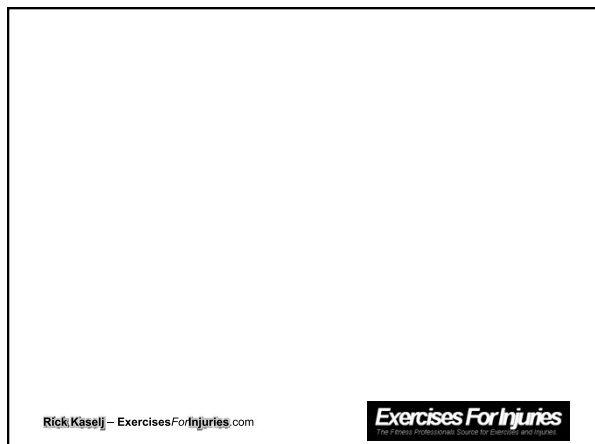


- **Side Lying Hip Abduction (Stage 1) – (523)**
 - No backward movement of pelvis, flexion of hip, or internal rotation of the hip


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Gluteus Medius Exercises



Assessing Gluteus Medius



- Single Leg Standing (Stage 2) – (524)
 - Trendelenburg Test
 - Lifting one leg up
 - Positive = pelvis shifts
- Single Leg Balance with Anterior or Frontal Plane Reach (Stage 2) – (525 & 526)

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Gluteus Medius Exercises

Assessing Gluteus Medius

• Single Leg Squatting (Stage 3) – (527)

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Assessing Gluteus Medius

• Single Leg Squatting (Stage 3) – (527)

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Assessing Gluteus Medius

• Functional Tests (Stage 3)

- Landing tests
- Running
- Sprinting
- Jumping
- Cutting

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Gluteus Medius Exercises

Part 2 – Exercise Considerations for Gluteus Medius

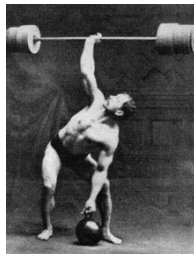
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Important Training Technique Considerations for Gluteus Medius

- **Appropriate Exercise Based on Stage**

- Stage 1 – non-weight bearing to weight bearing
- Stage 2 – static and dynamic weight bearing
- Stage 3 – increase resistance and functional



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Important Training Technique Considerations for Gluteus Medius



- **Volume of Training**

- Progressively overloading in order to promote muscular control, endurance and strength
- Controlled by client based on level of pain, swelling and response to exercise


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Gluteus Medius Exercises

**Important Training Technique Considerations
for Gluteus Medius**


- **Sets and Reps**
 - Stage 1
 - 15 repetitions
 - 1 to 3 sets
 - 1 minute rest
 - Light resistance
 - Everyday
 - Stage 2 & 3
 - 12 / 10 repetitions
 - 2 to 3 sets
 - 30 seconds to 1 minute rest
 - Medium / Heavy resistance
 - 2 to 3 times a week



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**Important Training Technique Considerations
for Gluteus Medius**




- **When To Do Training**
 - End of exercise program
 - End of day

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**Important Training Technique Considerations
for Gluteus Medius**

- **Rest Between Exercises**
 - Stage 1 – 1 minute
 - Stage 2 & 3 – 30 seconds to 1 minute




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Gluteus Medius Exercises

Important Training Technique Considerations for Gluteus Medius




- Movement Patterns**
 - Hip Abduction
 - Pelvic Stability
 - Squatting
 - Stepping
 - Lunging
 - Lateral Movement

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Important Training Technique Considerations for Gluteus Medius

- Palpating GM**
 - Placing hand in the back pocket of your jeans
- Hands on Hips**
 - Helps centre and balance
 - Provides feedback



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Important Training Technique Considerations for Gluteus Medius




- Minimal Equipment**
 - Stability ball
 - Tubing – handled and looped
 - Step
 - Bodyweight
 - Floor

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Gluteus Medius Exercises

Essential Components of an Exercise Program
For Gluteus Medius



1. Eliminating Risk Factors

2. Education

3. Look Above and Below

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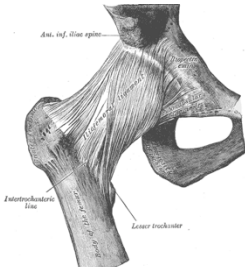
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Essential Components of an Exercise Program
For Gluteus Medius

• Eliminating Risk Factors

– Sleeping position


– Standing position



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Essential Components of an Exercise Program
For Gluteus Medius



• Education

– What is gluteus medius?

– Why is it important?

– What makes it worse?

– What to do about it?

– How to do the exercise program and exercise properly?

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Gluteus Medius Exercises

Essential Components of an Exercise Program For Gluteus Medius

- Look Above and Below**
 - Thoracic Spine
 - Lower Back
 - Lower Body

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Part 3 – 12-Week (3 Stage) Exercise Program Targeting Gluteus Medius

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The Exercise to DO to Improve Gluteus Medius


	Stage 1	Stage 2	Stage 3
#1 - Activation	Clam Shell with 60 Degrees Hip Flexion Clam Exercise with 30 Degrees of Hip Flexion Bird Dog with Hip Abduction	Clam Shell with 60 Degrees Hip Flexion with Tubing Clam Exercise with 30 Degrees of Hip Flexion with Tubing Bird Dog with Hip Abduction with Tubing	
#2 - Frontal Stability	Side Wall Plank	Side Floor Plank	Side Plank with Leg Lift
#3 - Hip Abduction	Wall Leg Raise	Wall Hip Abduction	Pelvic Hip Drop
#4 - Pelvic Stability	Knee Forward on Wall and Stability Ball	Knee Against Wall	Knee Behind Against Wall and Stability Ball
#5 - Squatting	Ball Squat	Standing Squat	Leg Press
#6 - Lateral Movement	Lateral Walking	Lateral Walking with Tubing Around Feet	Monster Walk
#7 - Balance	Single Leg Standing - Non-involved Leg	Single Leg Standing - Involved Leg	Single Leg Deadlift
#8 - Stepping	Step Up	Step Up and Over	Lateral Step Up
#9 - Lunge	Static Lunge with Trunk Upright	Static Lunge with Trunk Forward	Bowling Single Leg Squat

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Gluteus Medius Exercises

The Exercise NOT to DO if You Have Poor Gluteus Medius




- **Non-weight Bearing**
- **Weight Bearing**
 - Standing
 - Squatting
 - Single Leg Balance
 - Single Leg Squat
 - Lunge
- **Functional**
 - Walking
 - Jumping
 - Running
 - Hiking
 - Cutting

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Exercise Rehabilitation Program

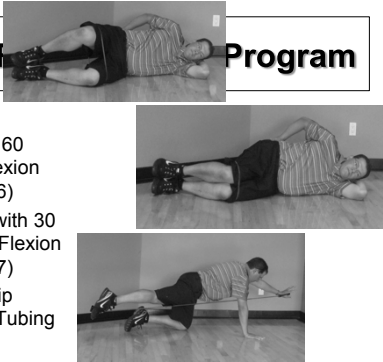
- **#1 - Activation**
 - Clam Shell with 60 Degrees Hip Flexion (98)
 - Clam Exercise with 30 Degrees of Hip Flexion (484)
 - Bird Dog with Hip Abduction (99)



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Exercise Rehabilitation Program

- **#1 - Activation**
 - Clam Shell with 60 Degrees Hip Flexion with Tubing (536)
 - Clam Exercise with 30 Degrees of Hip Flexion with Tubing (537)
 - Bird Dog with Hip Abduction with Tubing (538)






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Gluteus Medius Exercises

Exercise Rehabilitation Program

- #2 - Frontal Stability**
 - Side Wall Plank (436)
 - Side Floor Plank (230)
 - Side Plank with Leg Lift (100)








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Exercise Rehabilitation Program

- #3 - Hip Abduction**
 - Wall Leg Raise (487)
 - Wall Hip Abduction (530)
 - Pelvic Hip Drop (474)








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Exercise Rehabilitation Program

- #4 - Pelvic Stability**
 - Knee Forward on Wall and Stability Ball (481)
 - Knee Against Wall (477)
 - Knee Behind Against Wall and Stability Ball (483)




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Gluteus Medius Exercises

Exercise Rehabilitation Program

- #5 - Squatting**
 - Ball Squat (299)
 - Standing Squat (205)
 - Leg Press








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Exercise Rehabilitation Program

- #6 - Lateral Movement**
 - Lateral Walking (528)
 - Lateral Walking with Tubing Around Feet (533)
 - Monster Walking (226)

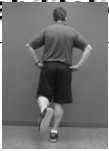






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Exercise Rehabilitation Program

- #7 - Balance**
 - Single Leg Balance – Non-involved Leg (451)
 - Single Leg Balance – Involved Leg (451)
 - Single Leg Deadlift (529)


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Gluteus Medius Exercises

Exercise Rehabilitation Program

- #8 - Stepping**
 - Step Up (466)
 - Step Up and Over (518)
 - Lateral Side Step (520)

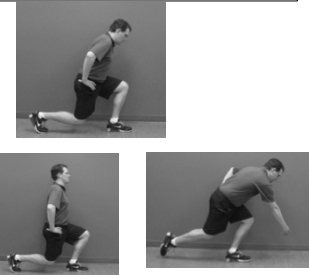


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Exercise Rehabilitation Program

- #9 - Lunge**
 - Static Lunge with Trunk Upright (508)
 - Static Lunge with Trunk Forward (509)
 - Bowling Single Leg Squat (510)

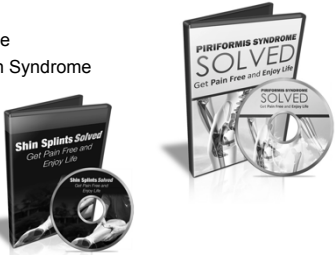


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Other Injuries

- Shin Splints
- Piriformis Syndrome
- Patellofemoral Pain Syndrome
- Meniscus Tear
- Sacroiliac Pain





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Other Injuries

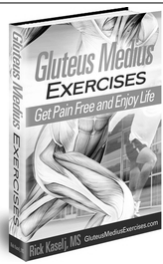
- Plantar Fasciitis
- Lumbar Fusion
- Achilles Tendinitis
- Jumper's Knee
- Tennis Elbow
- Recovery Workouts



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Presentation Objectives



- **Part 1** – What is the Big Deal About Gluteus Medius?
- **Part 2** – Exercise Considerations for Gluteus Medius
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 - Exercise Modification for the Sensitive Shoulder Seminar
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Gluteus Medius Exercises

Thank You

- Send me your questions!
- Rick Kaselj
 - support@ExercisesForInjuries.com
 - www.ExercisesForInjuries.com

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