



Gluteus Medius **EXERCISES**

Get Pain Free and Enjoy Life

Rick Kaselj, MS GluteusMediusExercises.com

Title:

Gluteus Medius Exercises

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Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

Gluteus Medius Exercises is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. 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. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

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<http://GluteusMediusExercises.com>

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

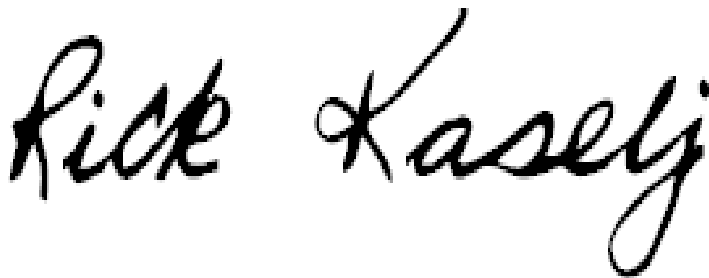
Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I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

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My passion is to help people overcome their injuries. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at support@ExercisesForInjuries.com and I will refund your money.

Contact Me

Please let me know what you think of this book. Visit <http://www.ExercisesForInjuries.com> or e-mail me at support@ExercisesForInjuries.com. Your feedback and ideas will help with the content of future editions and books.

A large, stylized handwritten signature in black ink that reads "Rick Kaselj". The signature is written in a cursive, flowing style with a large 'R' and 'K'.

IMPORTANT INFORMATION – STOP AND READ



Before you go on, please watch the video presentation that goes with this exercise manual.

The video presentation provides much more detail about the program.

While the exercise manual focuses on the program exercises, the details on how to do the program are in the video presentation and presentation handout.

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


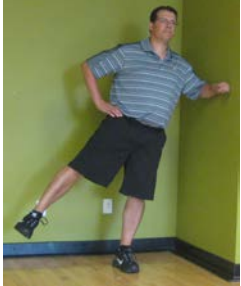
IMPORTANT - Password for the Videos is in the Column Next to the URL.

	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)



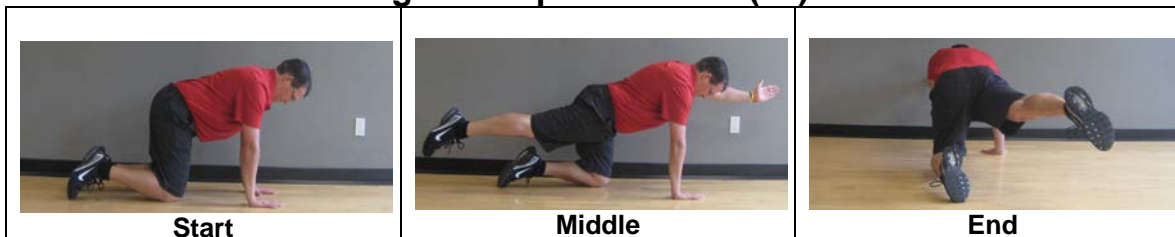
Purpose:	To work activating gluteus medius in an un-weighted position and focusing on external rotation of the hip.
Starting Position:	Lying on your side on the floor with your hips bent at a 60-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Separate your knees to a point 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)



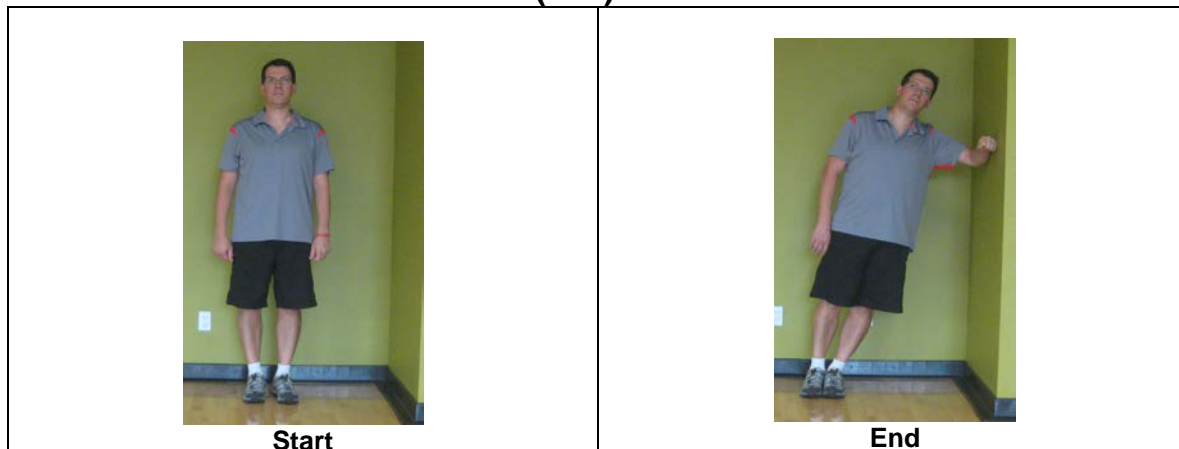
Purpose:	To work activating gluteus medius in an un-weighted position and focusing on external rotation of the hip.
Starting Position:	Lying on your side on the floor with your hips bent at a 30-degree angle.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Separate your knees to a point that the top knee can comfortable 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 Exercise with 30 Degrees of 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/48174350 / Password: gmed1	

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 it 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)



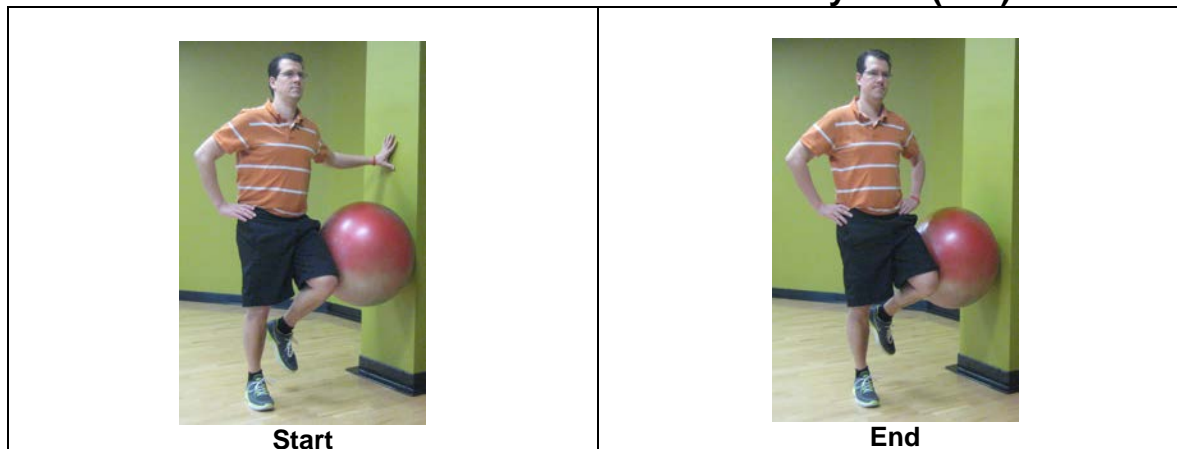
Purpose:	To improve the activation, endurance and strength of gluteus medius in the frontal plane (side-to-side movements) with a lateral force.
Starting Position:	Start in a standing position, facing sideways to a wall and about an arm length away from the wall.
How to Do the Exercise:	<ol style="list-style-type: 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)



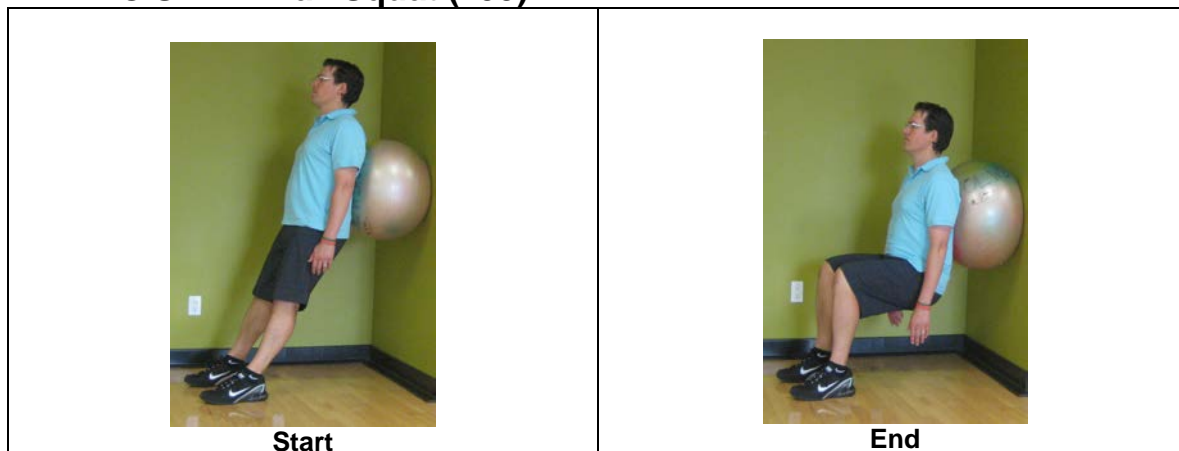
Purpose:	To work on activating gluteus medius in an un-weighted position and focusing on abduction of the hip.
Starting Position:	Start in with lying on your side.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Lift your top leg out to the side, to a point that you can without losing alignment 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 that are being focused.
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)



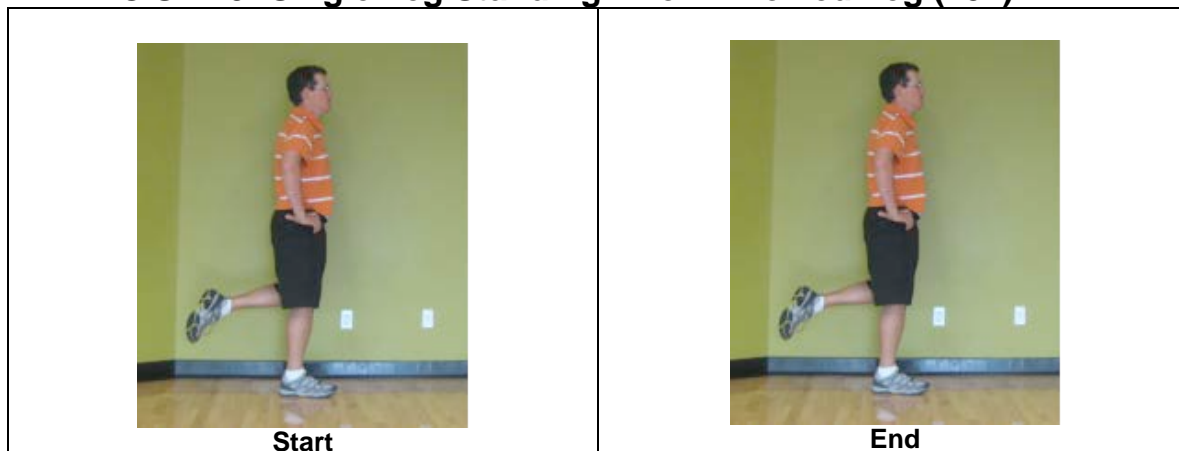
Purpose:	To strengthen gluteus medius in a squatting movement.
Starting Position:	Start by leaning against a stability ball, against a wall and your feet in front of you at shoulder width apart.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Bend at your knees and hips like you are sitting 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)



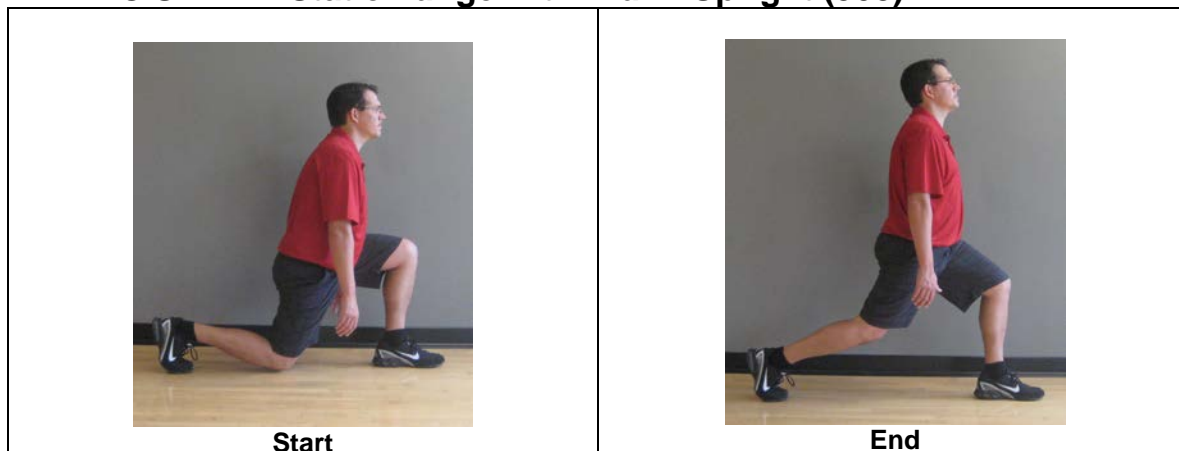
Purpose:	To work on gluteus medius stability in standing and loaded position.
Starting Position:	Start by standing on one leg with the side that is strongest.
How to Do the Exercise:	<ol style="list-style-type: none"> 1. Hold this position for 30 seconds. 2. Then switch sides. 3. Perform 1 set of 5 repetitions 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 you are doing 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 back 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 you 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	