

## Gluteal Recruitment Exercise

**GOAL:** Duration 30 seconds

To normalize muscle recruitment patterns and stabilize the spine by strengthening the gluteus, abdominal and lower back muscles. This is done in order to prevent pain, degeneration and instability. The gluteus muscles stabilize the opposite pelvis and lower spine. They also aid in extension of the leg. Weakness in this area can lead to overload of the joints and ligaments.

### Hip Extension Instructions:

Lie on your stomach and place a hand on the low back and bend the knee slightly on that side.

Starting Position



Raise the thigh from the ground without bending the knee any further. Use your leg and gluteus muscles first followed by the lower back muscles. Use your hands to check for the appropriate firing sequence. Repeat on other side.

Action



### \*NOTE:

If appropriate firing sequence cannot be attained with movement try going through the actions without lifting your thigh until appropriate gluteus isolation is possible or attempt same action in a standing position.