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Gluteal Strain Rehabilitation Exercises

You can stretch your gluteal muscles right away. You can begin strengthening your gluteal muscles as soon as the sharp pain goes away and you only have a dull ache using exercise 3, gluteal isometrics. After gluteal isometrics become easier, you can do gluteal strengthening exercises 4, 5, and 6.

After the gluteal strengthening exercises become easy, strengthen your buttock muscles by doing lunges, exercise 7.

1. Single knee to chest stretch: Lie on your back with your legs straight out in front of you. Bring the knee on your injured side up to your chest and grasp the back of your thigh. Pull your knee toward your chest, stretching your buttock muscle. Hold this position for 30 seconds and return to the starting position. Repeat 3 times.



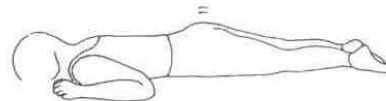
Single knee to chest stretch



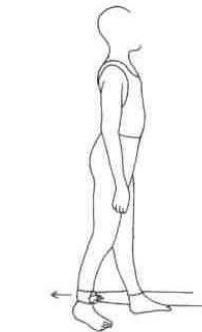
Hamstring stretch

2. Hamstring stretch: With the heel of leg on your injured side resting on a stool about 15 inches high, bend forward at the hips, stretching the back of your thigh muscle. Make sure you don't round your shoulders and bend at the waist. Hold this position for 30 to 60 seconds. Repeat 3 times.

3. Gluteal isometrics: Lie on your stomach with your legs straight out behind you. Squeeze your buttock muscles together and hold for 5 seconds. Release. Repeat 10 times. Do 3 sets of 10.

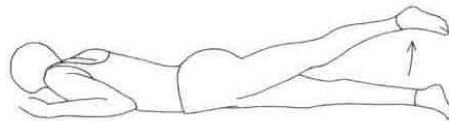


Gluteal isometric



Resisted hip extension

4. Prone hip extension: Lie on your stomach with your legs straight out behind you. Squeeze your buttock muscles and lift the leg on your injured side straight up off the floor about 6 to 8 inches. Keep your knee straight. Hold this for 5 seconds and then slowly lower your leg to the floor. Repeat 10 times. Do 3 sets of 10.



Prone hip extension

5. Resisted hip extension: Stand facing a door with a Thera-Band tied around your ankle. Knot the other end of the tubing and shut the knot in the door. Pull your leg straight back, keeping your knee straight. Make sure you do not lean forward. Repeat 10 times. Do 3 sets of 10.

To challenge yourself, move farther away from the door and the tubing will provide more resistance.

Gluteal Strain Rehabilitation Exercises



Hip abduction

6. Hip abduction: Stand sideways near a doorway with your uninjured side closest to the door. Tie a Thera-Band around the ankle of your injured leg. Knot the other end of the tubing and close the knot in the door. Extend your leg out to the side, keeping your knee straight. Return to the starting position. Repeat 10 times. Do 3 sets of 10.

To challenge yourself, move farther away from the door.

7. Lunge: Stand and take a large step forward with leg on your injured side. Dip the knee on the uninjured side down toward the floor and bend the leg on your injured side. Return to the starting position. Repeat the exercise, this time stepping forward with the leg on your uninjured side and dipping the leg on the injured side down. Do 10 repetitions on each side.



Lunge

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