

Physiotherapy Department

Gluteal strengthening

Information for patients



These exercises are designed to strengthen your gluteal muscles around your hip and bottom.

Lie on your side with the leg you want to strengthen upward.

Pull your lower tummy muscles in but do not hold your breath.

Keeping your ankles together raise the top knee up towards the ceiling, then lower slowly.

Repeat ___ times.



Lie on your side with the leg you want to strengthen upward.

Bend your bottom leg for better support.

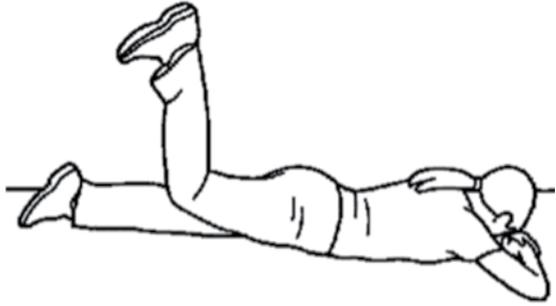
Raise and lower your leg slowly with the heel leading the movement.

Repeat ___ times.



Lie on your stomach with your arms folded underneath your head.

Bend the knee of the leg you want to exercise so that the heel is pointing towards the ceiling.

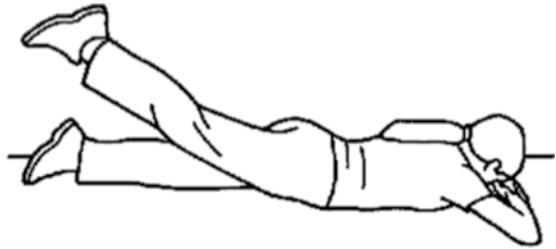


Keeping your hips level, lift the bent knee off the floor, then slowly lower.

Repeat ___ times.

Lie on your stomach with your arms folded underneath your head.

Keep your upper body relaxed and do not hold your breath.



Tighten your buttocks lift your leg slightly, hold 5 secs then relax.

Repeat ___ times.

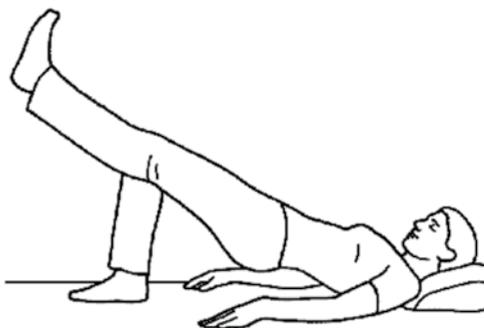
Lie on your back with your feet flat on the floor. Tilt your pelvis backwards, squeeze your buttocks then lift your hips, keeping your pelvis level. Lower slowly.



Hold ___ secs.

Repeat ___ times.

Lie on your back with your feet flat on the floor. Tilt your pelvis backwards, squeeze your buttocks then lift your hips, keeping your pelvis level. Shift the weight over to one leg. Then straighten the other leg - put it back down and repeat with other leg.



Repeat ___ times.

How to contact us

Trauma Physiotherapy Outpatients,
John Radcliffe Hospital
Tel: 01865 221 540

Physiotherapy Department,
Horton Hospital
Tel: 01295 229 432

Physiotherapy Department,
East Oxford Health Centre
Tel: 01865 264 970

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

Physiotherapy Department
July 2014
Review: July 2017
Oxford University Hospitals NHS Trust
Oxford OX3 9DU
www.ouh.nhs.uk/patient-guide/leaflets/library.aspx

