Gluteal Strengthening

1. Wall Abduction Holds

- Stand side on to wall, operated leg close to wall
- Hold chair for balance
- Keeping hips level, lift foot slightly off ground
- Push outside of foot into wall
- Maintain pressure for 5 seconds
- Repeat 10 times, stepping down in between

2. Standing Side Raise

- Standing at chair or bench for balance
- Keeping hips level throughout
- Tighten back of hip and raise leg laterally
- Only move as far as the hips allow
- Repeat 3 x 10 aiming for 5 seconds per repetition

3. Side steps (+/- Band)

- Standing with feet shoulder width apart
- Holding on to hips to maintain level
- Knees slightly bent, hips stay level
- Lift foot of ground and glide out to the side
- Follow with other foot stopping at shoulder width

4. Fit-ball/Wall slides

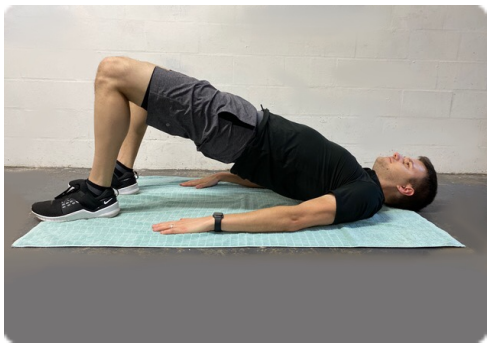
- Stand with back on wall or exercise ball
- Feet shoulder width apart
- Slowly bend knees keeping knees over ankles
- Return to start position, sliding against wall
- Repeat 3 x 10 aiming for 5 seconds per repetition

5. Sit to stand (+/-Band)

- Starting in chair with feet shoulder width apart
- Hands on arm rest/on knees/off body
- Lean forward drive up through thighs and buttock
- Slowly reverse movement to return to seat
- Repeat 3 x 10 aiming for 5 seconds per repetition

6. Gluteal Bridge (+/- Band)

- Start laying on your back with both knees bent
- Keeping weight through heels, squeeze buttocks as you lift hips up off bed
- Slowly return hips to bed
- Repeat 3 x 10 aiming for 5 seconds per repetition



7. Bent Knee Fall-out

- Start laying on your back with both knees bent
- Balance a small plastic cup or beanbag on knee
- Slowly lower the other knee out to the side
- Ensure the beanbag doesn't fall off as you move
- Repeat 3 x 10 aiming for 5 seconds per repetition
- Can also be done alternating without balancing

8. Prone Kick

- Lay face down on bed, hands resting under face
- Bend knee of operated leg up to 90 degrees
- Tighten buttocks and raise thigh off bed
- Ensure knee stays bent and buttock tense
- Repeat 3 x 10 aiming for 5 seconds per repetition

9. Clamshells

- Lay on your side with knees slightly bent as shown
- Sustain a gentle pressure between your heels
- Slowly draw top knee up away from lower knee
- Keep a hand on your hip to ensure stability
- Repeat 3 x 10 aiming for 5 seconds per repetition

10. Alternate Reach (Bird-dogs)

- Starting on hands and knees
- Slowly bring foot out behind you stretching back
- At same time reach out front with opposite hand
- Aim to move arm and leg smoothly at same time
- Repeat 3 x 10 aiming for 5 seconds per repetition

Exercises above are given as a guide only.
Please ensure you perform the exercises as indicated by physio when the sheet is provided.
All exercises can be modified/progressed when appropriate - seek assessment from a community physiotherapist

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