

Gluteal Strain: Rehab Exercises

Introduction

Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain.

You will be told when to start these exercises and which ones will work best for you.

How to do the exercises

Hip rotator stretch



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slide 1 of 5, Hip rotator stretch,

1. Lie on your back with both knees bent and your feet flat on the floor.
2. Put the ankle of your affected leg on your opposite thigh near your knee.
3. Use your hand to gently push the knee of your affected leg away from your body until you feel a gentle stretch around your hip.
4. Hold the stretch for 15 to 30 seconds.
5. Repeat 2 to 4 times.
6. Repeat steps 1 through 5, but this time use your hand to gently pull your knee toward your opposite shoulder.
7. Switch legs and repeat steps 1 through 6, even if only one hip is sore.

Seated hip rotator stretch



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slide 2 of 5, Seated hip rotator stretch,

1. Sit in a sturdy chair.
2. Cross your affected leg over your knee, resting your foot on top of your knee.
3. Keep your back straight, and slowly lean forward until you feel a stretch in your hip.
4. Hold for 15 to 30 seconds.
5. Switch legs and repeat steps 1 through 4 on your other side.
6. Repeat 2 to 4 times.

Hamstring stretch (lying down)



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slide 3 of 5, Hamstring stretch (lying down),

1. Lie flat on your back with your legs straight. If you feel discomfort in your back, place a small towel roll under your lower back.
2. Holding the back of your affected leg, lift your leg straight up and toward your body until you feel a stretch at the back of your thigh.
3. Hold the stretch for at least 30 seconds.
4. Repeat 2 to 4 times.
5. Switch legs and repeat steps 1 through 4, even if only one hip is sore.

Bridging



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slide 4 of 5, Bridging,

1. Lie on your back with both knees bent. Your knees should be bent about 90 degrees.
2. Then push your feet into the floor, squeeze your buttocks, and lift your hips off the floor until your shoulders, hips, and knees are all in a straight line.
3. Hold for about 6 seconds as you continue to breathe normally, and then slowly lower your hips back down to the floor and rest for up to 10 seconds.
4. Repeat 8 to 12 times.

Single-leg bridge



slide 5 of 5, Single-leg bridge,

1. Lie on your back, with your arms at your sides.
2. Bend one knee, and keep that foot flat on the floor. The other leg should be straight.
3. Raise the straight leg up so that the knee is level with the bent knee.
4. Tighten your belly muscles by pulling your belly button in toward your spine. Lift your buttocks up and be careful not to let your hips drop down.
5. Hold for about 6 seconds as you continue to breathe normally, and then slowly lower your hips back down to the floor.
6. Switch legs and repeat steps 1 through 5.
7. Repeat 8 to 12 times.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor or nurse call line if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

For 24/7 nurse advice and general health information call Health Link at 811.

Where can you learn more?

Go to <https://myhealth.alberta.ca>

Enter K741 in the search box to learn more about "**Gluteal Strain: Rehab Exercises**".

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