

# Gluteus Medius Exercise

## STAGE 1:

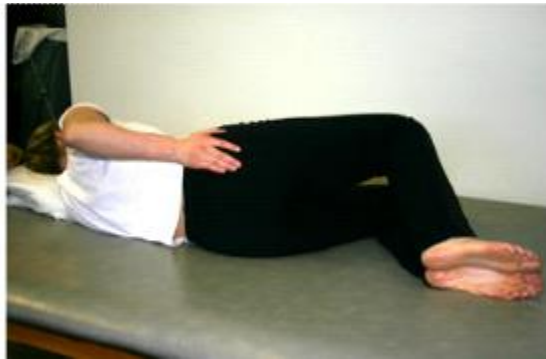
Lie on your left side with knees bent 45-60 degrees and feel the gluteus medius muscle with your right hand.

Maintaining your feet together, lift your top knee a few inches toward the ceiling. Hold 5-7 seconds, then lower knee down slowly.

- Repeat 5-7 times. Repeat on other side.

Feel the muscles in the back of the hip working and the ones in the front staying relaxed.

Note: this muscle may fatigue rapidly with this exercise.



## STAGE 2:

Lie on your side with the shoulder and pelvis perpendicular to the floor and your knees straight. The upper arm/hand is placed on and pushed into the floor while the upper foot tilts up toward the face. Slowly raise the upper leg to hip level.

- Hold 5-7 seconds, then lower down slowly. This is repeated 5-7 times.

Keep the foot/leg turned out to isolate the gluteal muscle better.

