

Retraining the Deep Sacral Gluteus Maximus (Lower Cross Syndrome)

Stage 1:

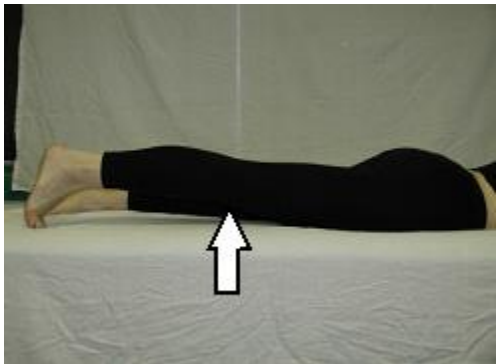
Part 1

1. Lie prone (on your stomach)
2. Bring your foot forward, pointing your toes straight down.
3. Keep knees on table.



Part 2

1. Tighten both sides of your gluteal muscles (buttocks)
2. Straighten one knee while gluts are tight, hold for 2-3 seconds
3. Let knee slowly relax to table
4. Relax glutes
5. Repeat steps 1 & 2 for the opposite leg.
6. REPEAT 5-7x each side for 3-4 sets.

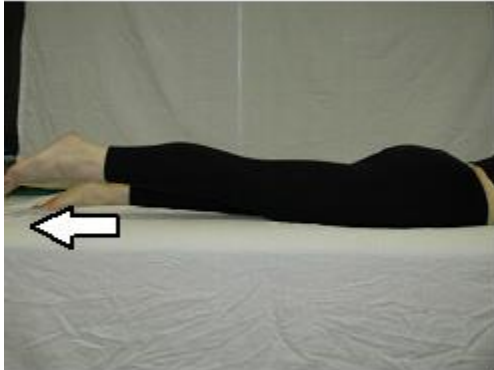


Once you have mastered all of the above:

Stage 2:

1. Perform same as above
2. After you straighten the knee, point the foot outward and hold 2-3 seconds
3. REPEAT 5-7x each side for 3-4 sets

TIP: Be sure not to raise the leg, only point the toe in space, keeping the leg at its current height.



Once you have mastered the above:

Stage 3:

1. Perform same as above
2. After you straighten the knee and point the foot outward, raise leg off table 2-3 inches for 2-3 seconds
3. REPEAT 5-7x each side for 3-4 sets.

