



Movement Perfected, 3 Spanish Place, London W1U 3HX, Phone 020 3553 3663

Injury Profile: Glute Plan for Sandy Lien

Last Updated: 25 Feb 2020

The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

### Pelvic Tilts



12

Reps

2

Sets

- Lying on back with knees bent
- Draw in belly button to set lower abdominals
- Lower abdominals co-contract with your pelvic floor
- You may find it easier to feel the abdominals contract using your fingers just inside the hip bones
- Do not lift rib cage
- Flatten back down into floor and hold for 2 seconds
- Reverse the curve in your lower back and arch your back off the floor, hold for 2 seconds

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### TAB's Level 3 - Alternate leg raise



12

Reps

2

Sets

- Lying on back with knees bent
- Draw in belly button to set lower abdominals
- Do not lift rib cage
- Do not flatten back into floor
- Breath normally and raise 1 leg up to 90 degrees
- Now bring the other leg up to meet the first
- Slowly lower first leg then the second maintaining abdominal setting
- Alternate leading with the other leg

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### 4 Point Kneeling TAB's Setting with Leg Raise



12

Reps

2

Sets

- In 4 point Kneeling with hands below shoulders, knees below hips
- Draw in belly button and initiate lower abdominals (TAB's)
- Slowly raise leg and pause when in line with body
- Alternate leg

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### Single Leg Stance



0:30

Hold

5

Sets

- Stand on 1 leg
- Don't allow pelvis to sag down on the non weight bearing leg
- Don't allow knee to twist in or arch of the foot to collapse

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### Fire Hydrants with Band - Advanced



10

Reps

2

Sets

- Place a resistance band around the lower legs
- Start on hands and knees with hands below shoulders and knees below hips
- Engage the trunk muscles to stiffen the spine
- Lift the knee out to the side without twisting through the trunk
- Pause and top and slowly return to start position

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### Elevated Bridge



12

Reps

3

Sets

- Lying with knees bent and arms at sides with feet on a step
- Engage trunk muscles to stiffen the spine
- Breath in and raise hips off the floor until knee hip and shoulder are in a straight line
- Exhale and return to start position

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### Single Leg Bridge



10

Reps

2

Sets

- Bend one knee so the foot is close to buttocks
- Keep knees level
- Push through heel to lift pelvis
- Ensure shoulders, hips & knees are aligned & pelvis not sagging on the non weight bearing side
- Ensure you do not over extend lower back

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### Single Leg Dead Lift



12

Reps

2

Sets

- Standing on 1 leg with back straight and knee slightly bent
- Lean forward from the hip to reach towards toes
- Pause when you can longer keep the back straight or the Hamstrings become tight
- Slowly return to the start position maintaining balance

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### Side Plank Clam



10

Reps

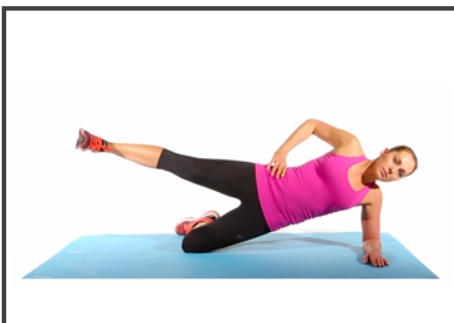
2

Sets

- Lying on side with resistance band around the lower thigh and knees bent to 90 degrees
- Elbow directly below shoulder
- Engage trunk muscles to stiffen the spine
- Lift hips off floor to bring spine into neutral
- Keeping heels together lift the top knee without rolling the hip back

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### Side Plank with Leg Raise - Intermediate



10

Reps

2

Sets

- Lying on side with body in a straight line and bottom knee bent to 90 degrees
- Elbow directly below shoulder
- Engage trunk muscles to stiffen the spine
- Lift hips off floor to bring spine into neutral
- Lift the top leg

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### Reverse Lunge - Body Weight



12

Reps

2

Sets

- Tense the trunk muscles and extend one leg backward
- With minimal backward movement of the trunk descend into a lunge position.
- Maintain strong spinal position
- Push hard through your front heel to return to starting position

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### Reverse Lunge off Step - Dumbbells



12

Reps

2

Sets

- Start standing on a step holding dumbbells
- Tense the trunk muscles and extend one leg backward to the floor
- With minimal backward movement of the trunk descend into a lunge position.
- Maintain strong spinal position
- Push hard through your front heel to return to starting position

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### Toe taps



12

Reps

3

Sets

Keep core engaged. Gently alternate toe tapping.

### Single leg stretch



Slowly send one leg at a time out and hover. Ensure to work from the abdomen.

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider/therapist. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice and guidance from your provider if you experience any discomfort during this exercise routine.