

**Hip strength**



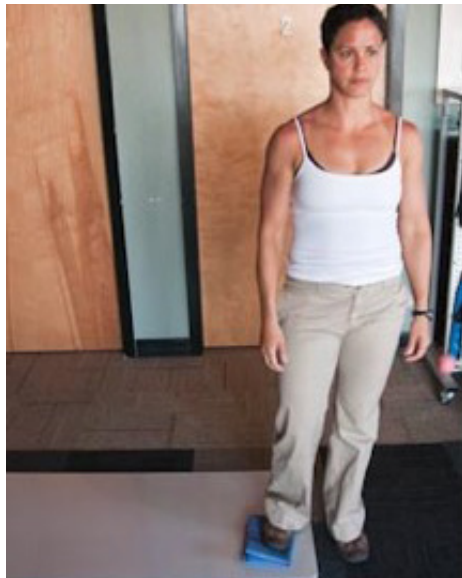
Hip Strength Gluteus maximus and Hamstrings with band to facilitate the gluteus medius and maximus (external rotation femur) 1/2



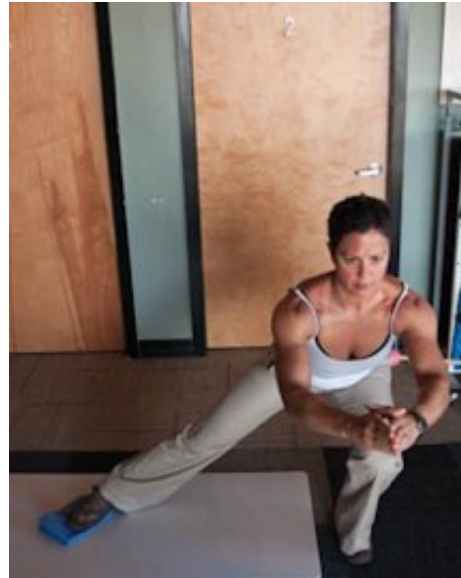
Legs spread/abduct repetitive or 5-10 second holds 2/2



Hip strength gluteus maximus with retraining leg alignment (Backward lunge- foot slides on towel)



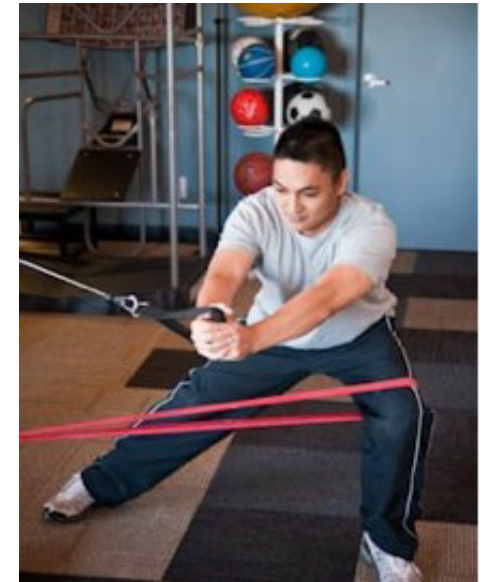
Hip strength gluteus medius left and gluteus maximus as stabilizer and retraining leg on alignment (right leg slides on towel) 1/2



2/2



Balancing the gluteus medius and maximus muscles with the quadriceps muscles helps achieve more power and control.



This exercise uses a tweak (Gary Gray, PT) and gluteus maximus facilitation (Chris Powers, PT, PhD and Vladimir Janda, MD).

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.