



BACKSTRONG SPINE & REHAB

GET STRONG • BE STRONG • STAY STRONG
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Patient name:

INTERMEDIATE EXERCISES FOR THE GLUTEALS (LOW TENSOR FASCIA LATAE)

These exercises are aimed at strengthening your major buttock muscles (gluteals) while minimising the activation of the tensor fascia latae.

CLAMS WITH ELASTIC BAND

Step 1

Lie on your side with your knees bent and your hand supporting your head. Wrap an elastic band around your lower thighs.



Step 2

Slowly turn your top leg outwards keeping your feet together. You should not twist your body. You should feel your buttock muscles working.



Step 3

Return your leg to the step 1 position.

Repeat steps 2 and 3 ten times each side.

SINGLE LEG SUPINE BRIDGE

Step 1

Lie on your back with your knees bent, feet flat, hip width apart. Elevate one leg, keeping the knee bent to 90 degrees.



Step 2

Place pressure through the heel on the floor and gently squeeze your buttocks.

Step 3

Slowly raise your pelvis and torso until your body is straight. You should maintain the natural curve in your lower back.



Step 4

Slowly return to the step 1 position.

Repeat steps 2 to 4 ten times. You can straighten the elevated leg to increase the difficulty of this exercise.

DONKEY KICK (BENT LEG)

Step 1

On all fours, with your upper body on your elbows and forearms.



Step 3

Elevate the leg until your hip is straight.



Step 2

Elevate one leg slightly, keeping the knee bent to 90 degrees.

Step 4

Slowly lower your leg to the step 2 position.

Repeat steps 3 to 4 ten times.

Did you know your brain contains maps of your body and that each and every one of your muscles is connected to your brain via nerve pathways?

DONKEY KICK (STRAIGHT LEG)

Step 1

On all fours with your upper body on your elbows and forearms.



Step 3

Elevate the leg until your hip is straight.



Step 2

Extend one leg behind you and elevate it slightly.

Step 4

Slowly lower your leg to the step 2 position.

Repeat steps 3 to 4 ten times.

It has recently been discovered that the nerve cell connections in your brain can change over time – this is called neuroplasticity.

MONSTER WALKS

Step 1

Start in a squat position with an elastic band wrapped around your lower thighs. Feet should be hip width apart. Your knees should be in line with your toes.

Performing specific exercises can improve the pattern of activation of your muscles.



Step 2

Take a side step maintaining a squat position.



Step 3

Bring your other leg back to the step 1 position.

Repeat steps 2 to 3 five times in one direction.

Repeat towards the other direction.



When you learn new exercises you are not just exercising your body – you're also changing your brain.

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