



CLAMS: GLUTEUS MEDIUS STRENGTHENING



Dr. Jenny's Favorite Exercise

Program built by Dr. Jennifer Prewitt, PT, DPT, OCS

- 1. Lie on Your Side with Hips & Knees Bent. Top Hip Rolled Forward Slightly.** People usually cheat during this exercise by rolling backward, so I typically tell people to keep that top hip rolled forward slightly.
- 2. Keeping Your Feet Together, Slowly Lift & Lower Your Top Knee.** Remember this is a Buttock/ Glute Exercise. Your Goal is to Feel this in Your Butt Cheek. If you are feeling it at your front hip pocket or the side of your thigh you are targeting the wrong tissue. Start over. Re-position. Butt Cheek or Nothing!
- 3. EXTRA CREDIT: Make the Exercise Even More Targeted by Pulling in Your Transversus Abdominis (TA) and Breathe Normally as Well!**
- 4. Recommendation.** These are challenging. Sometimes I have to start with 3 repetitions with patients. On average, 8-10 repetitions is a good place to start. Goal: 3 sets of 12-15 repetitions, 3-4 days per week.

Why is this Important?

Gluteus Medius Strength Does the Following:

- Improves lumbopelvic support to decrease low back pain
- Increases hip strength that decreases hip pain
- Improves leg alignment to decrease knee pain & injury
- Improves control of pelvic floor (bladder control)
- Decreases risk of ankle sprain
- Improves balance ability