



Glut Med/Max Wall Stretch:

This exercise stretches the external rotators (gluteus medius, minimus, piriformis, obturator, gemelli, and quadratus femoris) or the gluteus maximus depending on where we position the crossing leg. Position the supporting leg against the wall with the foot flat. The distance from the wall of the hips will determine the degree of knee flexion created in the supporting leg. Pushing into the wall through the support leg, raise the hips and bring the ankle of the other leg to rest on the support leg knee. Allow the hips and lumbar spine to lower to the floor. The closer one positions the hips to the wall the greater the stretch one will feel. One should find the distance from the wall that once in position, they feel a comfortable stretch in the crossing leg glutes with the lumbar spine comfortably flat on the floor. Hold a comfortable stretch for 30 seconds to 1 minute. This stretch can be repeated two to three times on each side.

To stretch the gluteus maximus, repeat the same set up instructions, however instead of positioning the the ankle on the supporting knee, cross such that you bring the knee over the supporting knee. Often one will have to move closer to the wall to feel appropriate stretch of the gluteus maximus. Again one should be at a distance where the lumbar spine is also comfortably flat on the floor.

Set-up

- Lay on your back facing a wall.
- Raise one leg onto the wall so the foot is flat on the wall with your hips close enough that the knee is flexed to 90 degrees.

Performance

- Pushing through the foot on the wall, raise the hips so you can place the ankle of the free leg over the knee of the supporting leg.
- Lower the hips and low back so they are flat on the floor.
- Depending on ones flexibility, the hips may have to be closer, or farther away from the wall to get appropriate stretch in the gluteus medius and other external rotators once the legs are crossed. The closer one starts to the wall the more stretch one will feel once in position.
- Use the distance from the wall that allows one to feel a comfortable stretch in the gluteal musculature while maintaining the low back flat to the floor.
- Hold the stretch 30 seconds to 1 minute and repeat 2 to 3 times on each side.
- To preferentially stretch the gluteus maximus, repeat the steps above, however instead of placing the free leg ankle on the supporting side knee, place the free leg knee over the support knee.
- Often one will have to move the hips closer to the wall to get appropriate stretch in the gluteus maximus.

Coaching Cues

- Ensure the client choses a distance where they can comfortably rest the lumbar spine flat on the floor. Stretching in a position of excessive low back flexion can put the discs of the low back under pressure.
- If a client complains of pain or any sensation of Numbness, tingling, or weakness travelling down the leg that is undergoing stretch, stop the stretch immediately and have them assessed by a physiotherapist or chiropractor.
- Stretch should remain in a comfortable range. Pain will cause reflexive contraction which will counter your efforts.