

Exercises to Strengthen all 3 Glutes & Help Decrease Hip Pain. **(Beginner & Advanced)**

All the gluteus muscles (gluteus maximus, gluteus medius, gluteus minimus) play a large role in stabilizing the hip and pelvis. However, the gluteus maximus may be the most important stabilizer of all because it helps keep the head of the femur (top of the hip bone) from sliding forward in the hip socket. If it slides forward it can pinch against soft tissue structures (like the labrum) and cause pain. How that happens - the glute maximus is weak or not firing correctly so the hamstrings take over causing the femur to slide forward.

A weak gluteus maximus is also known as gluteal amnesia. To the lay person it could be described as flat butt syndrome.

Beginner Exercises to Strengthen the Gluteus Maximus (beginner)

1. Bridging with feet against the wall. (squeeze a quarter between your butt cheeks). Push feet against wall. This will activate your quads and deactivate your hamstrings - so your gluts will work better.



2. Clam Shell Exercises



Can also can be performed on back.

3. Gluteal pumps (On knees and Hands or lying on your stomach)



Advanced Exercises to Strengthen the Gluteus Maximus:

1. Hip Thrusts



2. Goblet squats



3. Band pull throughs.

