

Gluteal Stretches

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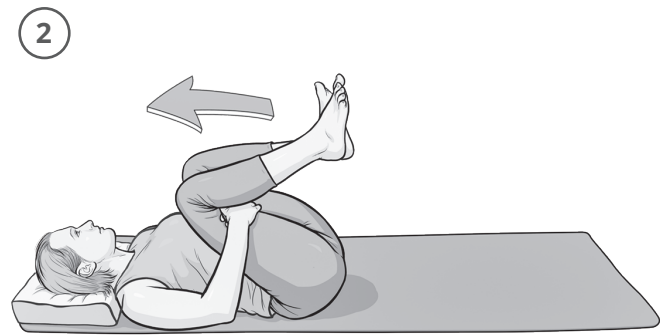
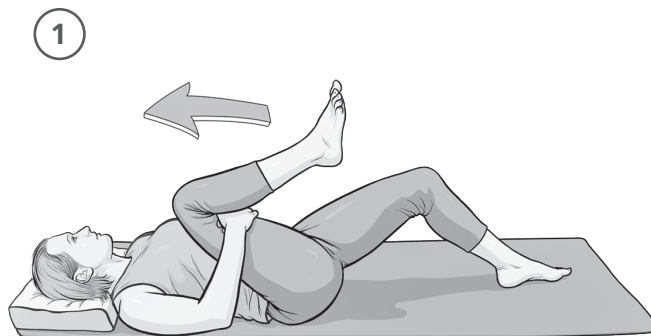
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Caution: Please consult your healthcare professional before you attempt these exercises.

Gluteal Stretch 1

Perform
twice a day

1. To stretch the right gluteal muscles, lie on your back and grasp your right thigh with both hands. Slowly pull your thigh toward your chest until you feel a comfortable stretch. Hold for 15–20 seconds. Repeat on the left side if needed.
2. To stretch both sides simultaneously, lie on your back and grasp both thighs. Slowly pull them toward your chest until you feel a comfortable stretch. Hold for 15–20 seconds.



Gluteal Stretch 2

Perform
twice a day

1. To stretch the right gluteal muscles, lie on your back and rest your right ankle just above your left knee.
2. Then grasp the back of your left thigh and slowly pull your leg toward your body until you feel a comfortable stretch. Hold for 15–20 seconds. Repeat on the left side if needed.



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