



CHADSTONE R E G I O N O S T E O P A T H Y

Glute stretch variants!

Our glutes (gluteal) muscles are very important. Not only do they support our lower backs and pelvis, our Gluteal muscles supply the power we need to run, jump, swim, kick – you name it!

Gluts tend to get tired and weakened when we sit at a desk all day. When you're stretching, not only does it feel nice to "loosen them off", but it assists with our ability to accurately engage these muscles during exercise.

Here's a list of some variants of glute stretches – you don't need to do all of them! Find a stretch that is comfortable for you and stick with that one.

Whenever you stretch, aim for a comfortable – not a painful – stretch. Don't bounce, just hold still.

Enjoy!



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- *Sit with legs in front of you*
 - *Put one foot over the other knee*
 - *Hug the bent knee towards your chest*
 - *Hold for 30 seconds then swap*
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- *Sit on a chair*
 - *Put one foot over the other knee*
 - *Lean forward slightly from the hips*
 - *Hold for 30 seconds then swap.*
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- Start from a standing position
 - Balancing on one leg, put rest the opposite foot over the standing knee
 - Squat down slightly with hands on hips for balance.
 - Hold for 30 seconds then swap.
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- Lying on your back
 - Place one foot on the opposite knee
 - Bend the knee towards your chest
 - Hold on with both hands behind the same thigh
 - Keep your neck relaxed
 - Hold for 30 seconds and then swap
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- Also known as “pigeon pose” in yoga.
 - In a cobra position (see diagram) place on leg across the underside of your body with a bent knee
 - Lower body down over the top of the bent leg
 - Hold for 30 seconds
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