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Gluteus medius strengthening exercises pdf

If you have knee pain during exercise, strengthening the muscles that support the knee may help reduce pain and make exercise as well as daily movements more comfortable. The following exercises offer both strength and flexibility benefits for the quads, hamstrings, and inner and outer thighs to help support the knees. If you have knee pain or any type of knee discomfort, consult your doctor for a diagnosis and get clearance before trying these, or any other, exercises. Warm up with 5-10 minutes of cardio. This can include brisk walking, marching in place, or any activity that gets your heart rate up and warms your muscles. Complete 1-2 sets if you're a beginner. Then try the moves with no weight to get a feel for the exercises. Complete 2-3 sets if you're more advanced. Just be sure to take a short rest in between. Modify the exercises as needed. Tailor these moves to suit your specific needs, abilities, and goals. Stop any exercises that cause pain. Pushing through pain or discomfort could cause or exacerbate injury. All you need for this workout is a step or platform, a chair, an exercise ball, and resistance bands. Note that while some of the exercises include a resistance band, you might want to try the moves without it first if you're a beginner. You can also use ankle weights in place of a resistance band as a modification to build additional strength. Stand sideways next to a chair or wall for support and tie a resistance band around your ankles (optional). Lift the left leg out to the side with the foot flexed and the hip, knee, and foot in alignment. Try to lift the leg without tilting at the torso. Lower and repeat for 1-3 sets of 10 reps. Optional: You can also use an ankle weight on the lifted leg. Stand with your left side to a step or platform and place your left foot on the step. Push into the step to lift up a few inches and lower back down. Continue with the push step, moving quickly for about 30-60 seconds on the left leg before switching to the right. Repeat for 1-3 sets. Stand against a wall and slide down as low as you can (no lower than 90 degrees), making sure your knees stay behind your toes. Hold this position, keeping weight in the heels for 15-30 seconds. Repeat for 1-3 sets. Loop a resistance band around a sturdy object toward the floor and stand with your back to it, straddling the band. Step away from the anchor point to increase resistance and stand with feet about hips-distance apart, holding the band in each hand. Tip from the hips, keeping your back straight and your shoulders down, lowering the torso as far as your flexibility allows (you can keep a slight bend in the knees). Squeeze through the glutes to stand back up, pulling the band through your legs. Imagine that you're pulling from your hips rather than your arms or lower back. Repeat for 1-3 sets of 10 reps. Loop a resistance band around your ankles (optional), leaving enough space so that the band is tight as your feet spread about a foot apart. Shift the band under the bottom of the standing foot and hold onto a wall or chair for balance if needed. Lift the right knee up until it's level with the hip (or as high as you can). Lower and repeat for 1-3 sets of 10 reps on each side. Stand in front of a chair for balance and bend the right knee, bringing your foot up behind you (like you're kicking your own butt). Slowly lower and repeat for 1-3 sets of 10 reps on each leg. Optional: Add intensity by wrapping a resistance band around your ankles or use ankle weights. While seated with good posture, place an exercise ball or a rolled up towel between your knees. Squeeze the ball by contracting the inner thighs and releasing slightly, but don't release all the way. Repeat for 1-3 sets of 10 reps. Sit tall with the left leg bent and the right leg straight and your foot flexed. Wrap your arms around the left leg for support and engage your core. Lift the right leg off the floor, keeping the leg straight (but not locked). Avoid leaning back, but use your core and your left leg to stay upright. Lower the leg, lightly touching the floor. Repeat for 1-3 sets of 10 reps Optional: Add ankle weights for added intensity if desired. Sit on a step and stretch the left leg out (you can also sit on a chair and prop the leg on another chair), keeping the right foot on the floor. Bend forward, keeping the torso upright, until you feel a gentle stretch in the back of the leg. Hold for 15-30 seconds and repeat for 3 sets on each side. Stand in a staggered stance with your right foot forward and left foot back (you can hold onto a wall for balance if needed). Bend both knees and press the back hip forward until you feel a stretch in the front of the left thigh and hip flexor. Hold for 15-30 seconds and repeat for 3 sets on each side. Stand in a staggered stance with your right foot forward and left foot back (you can hold onto a wall for balance if needed). Bend the front knee and lean forward until you feel a stretch in the calf of your left leg. Hold for 15-30 seconds and repeat for 3 sets on each side. Thanks for your feedback! What are your concerns? Verywell Fit uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy. Vincent KR, Vincent HK. Resistance exercise for knee osteoarthritis. *PM R*. 2012;4(5 Suppl):S45–S52. doi:10.1016/j.pmrj.2012.01.019 Whether you're preparing for ski—or snowboard—season, or just want an exercise that is playful and works your entire lower body this leg strengthener is for you. However, if you have any orthopedic issues it is better to choose a lower-impact move. If you're in a gym, hit the basketball court to find a line to jump over. Or just imagine you're on the slopes as you bend your knees and arms and jump over an imaginary line side to side down the mountain.First, stand with your feet together and your elbows bent slightly, palms facing in. Bend both knees 4 to 6 inches, and swing your arms back. For a printer-friendly version of all steps click below. Note: Skip this exercise if you have orthopedic problems such as painful knees, hips, ankles, or back.Keeping your leg lifted, bend your right knee, bring your right foot back past your left leg, and extend your right leg behind you. Don't arch your back. That is one repetition. Complete a full set (kicking forward and back without touching the floor), then switch sides.Land on the balls of your feet with your knees slightly bent, then lower your heels. Pause, then jump up and to the right as you swing your arms forward and turn your entire body to the left. Continue as if you're swooshing down a ski slope. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io View Video: Should I Exercise Through the Pain? Strengthening and conditioning the shoulder muscles increases the muscles' ability to stabilize the ball-and-socket construction of the main shoulder joint, the glenohumeral joint. Joint stability minimizes the effects and progression of arthritis in the shoulder. Lateral Raises Sit in a straight back chair with a 3-lb weight in each hand and arms hanging down at each side. Rotate arms so that thumbs face outward, away from the body (this position will help ensure tendons do not become irritated). In a slow, controlled manner, gently exhale and raise arms out to the sides. Thumbs should be facing up; elbows should be only slightly bent. When arms are raised parallel to the ground, pause, and then inhale while slowly bringing arms down. A reasonable goal is three sets of 12. Adjust the amount of weight to add or lessen the level of difficulty. Lateral raises may also be done while standing, with knees only slightly bent (3-5 degrees) and back straight. advertisement Sit in a straight-back chair holding a 3 lb. weight in each hand and arms hanging down at each side. Raise upper arms out and parallel to the ground, with elbows bent at 90 degree angles and hand weights up - as if striking a pose to show off bicep muscles. Holding the weights, palms and fingers should face inward toward the body. This is the starting position. From this position, gently exhale while slowly raising the arms and straightening elbows, bringing the weights together overhead. Pause briefly, and then inhale while returning back to the starting position. A straight (not arched) back and contracted abdomen should be maintained throughout this exercise. A reasonable goal is three sets of 12. Adjust the amount of weight to add or lessen the level of difficulty. advertisement Shoulder presses may also be done while standing, with knees only slightly bent (3-5 degrees). Whether standing or sitting, always maintain back straight and contracted abdomen.

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