



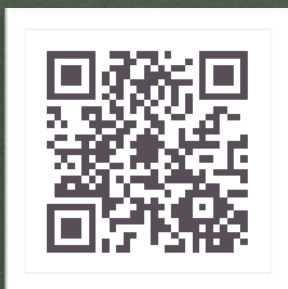
## Glute stretches

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1. Lean against the wall, raise one knee into the chest and pull towards the opposite shoulder to feel a stretch through the glutes.
2. Seated, cross the legs with one knee on the ground, pull the top knee into the chest and rotate the body towards it keeping the back straight, to feel the stretch through the glutes.
3. Start by kneeling down then cross one knee in front of the other, slide the back knee backwards on the ground with the knee extended until a

stretch is felt in the front of the hip and glutes. To reduce the stretch take the back knee out to the side and bend to 90°. To increase the stretch relax the torso onto the front thigh.

### Why stretch these?

Glute flexibility is closely linked to the functional efficiency of the hips and lower back; they are the main bridge between the upper and lower.

Tightness can be linked to an instability in the ligaments of the ankle and vice versa.