




The Essential Hip:

Reversing Gluteal Amnesia

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- Remember to complete this webinar and print the certificate by December 31st of ***the same year in which you ordered it.***
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- Choose "The Essential Hip: Reversing Gluteal Amnesia" from the drop-down box. Remember that some webinars have very similar titles.
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- The webinar quiz sequentially follows this outline.

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REMINDER

Obtain medical clearance and physician's release prior to beginning an exercise program for clients with medical or orthopedic concerns

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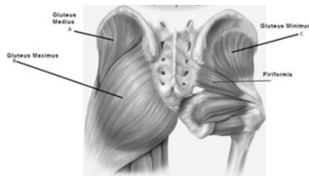
Objectives

- Define "Gluteal Amnesia"
- Review the importance of Gluteal function
- Review the anatomy of the lumbo-pelvic-hip complex
- Identify techniques to improve mobility and flexibility major joints to enhance Gluteal function
- Perform several isolated and compound exercises to target the Gluteals, from beginner to advanced, and from stable to dynamic positions

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"Gluteal Amnesia"?

- Due to injuries or movement compensations, motor programs are changed.
- The individual has lost the ability to use the glutes appropriately during functional movement.
- The muscle is not completely inhibited, just not contributing appropriately



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Why The Glutes Matter



- Without proper use of the gluteals many issues arise:
 - Increase loading on the lumbar spine.
 - Increase forces on the knee joint.
 - Inability to create maximal strength and power.
- Proper function movement cannot occur with the adequate contribution from the glutes.

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Creating Gluteal Amnesia



- There are two main factors that contribute to gluteal amnesia:
 - Reciprocal inhibition resulting from excessive sitting is common
 - Synergistic Dominance
- Once the body finds another way to perform hip movements a new pattern has developed and must be relearned.

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Assessing for Gluteal Amnesia:

Anterior pelvic tilt assessment



Normal lumbar curvature:
40° - 60°



Anterior pelvic tilt:
> 60° lumbar curvature

- Beltline test
 - Observe a client's beltline: Is it parallel to the floor or is there an anterior pelvic tilt?
 - Overly tight hip flexors inhibit the glutes from contracting fully.

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Assessing for Gluteal Amnesia:

Single-leg bridge assessment



- Synergistic Dominance
 - During a single-leg bridge clients may complain of immediate or extreme hamstring tightness or cramping.
 - This is because the glutes are not able to contract fully, forcing the hamstring (synergist) to pick up the slack.

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Reversing Gluteal Amnesia

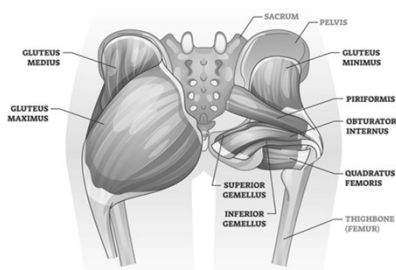
1. Remediate hip flexor and ankle mobility to allow the glutes to fully engage.
2. Retrain the gluteal muscles using a targeted approach and proper form
 - Hinge
 - Deadlift
 - Hip Thrust
 - Squats
 - Lunges
 - Step-ups



"Feel the glutes engage."

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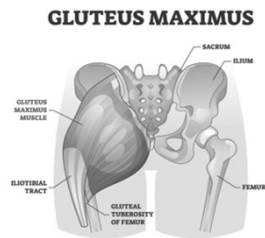
Gluteal Anatomy



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Gluteal Anatomy: Gluteus Maximus

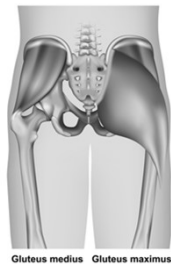
- Primary Hip Extensor
- External Rotation
- Superior fibers- abduction
- Inferior fibers- adduction



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Gluteal Anatomy: Gluteus Medius

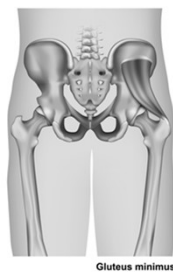
- Primary Abductor
- Anterior-Internal rotation, flexion
- Posterior- assist with extension and external rotation
- In hip flexion, all fibers internally rotate
- Essential for pelvis front plane stability during gait and contralateral transfer
- Prevents opposite hip collapse



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Gluteal Anatomy: Gluteus Minimus

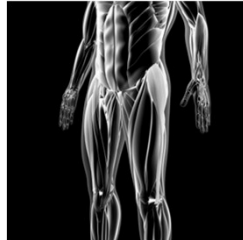
- Works in synergy with GM to abduct and internally rotate
- Contributes to pelvic stability during single-leg stance



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The Tensor Fasciae Latae (TFL)

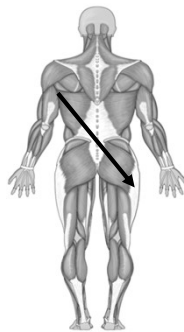
- The TFL is a weak abductor of the hip when the hip is neutral and a strong abductor when hip is flexed.
- It is also an external rotator of the knee.
- It tends to be very tight, especially in runners and cyclists who train on an oval track.



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The Glute-Lat Connection: *The "Posterior Sling"*

- The Posterior Oblique Sling refers to the connection from the lat to the glute on the opposing side.
- This system is most commonly seen in action during gait.
- The glute max of one hip works with the opposing lat to both fight rotation of the pelvis as well as store energy to create movement.



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Posterior Sling Exercises



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Ankle Mobility and the Glutes



- Research has demonstrated the link with ankle injury and reduced glute activation.
- Without adequate dorsiflexion the glutes will not be recruited during functional movements.
- Restoring ankle mobility will be a critical component to restoring proper glute function.

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Effects of Reduced Ankle ROM

- Limits in ankle dorsiflexion lead to a long list of issues in other areas of the body:
 - Limited ROM can't send appropriate information to the CNS
 - Results in knee valgus during functional movements
 - Without dorsiflexion, hip extension doesn't occur properly during walking
 - Increases knee flexion during walking
 - Increases fall risk when unstable

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Engaging the Feet



- Stand up and place your hands on your glutes.
- Grab the floor with your feet, like they were hands grabbing the floor.
- Did you notice the glutes engage?
- Grabbing the floor and screwing into the floor with your feet is a great way to engage the glutes.

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Big Toe Mobility



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Ankle Mobility



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Hip Mobility



- For the glutes to function properly we must restore adequate hip movement.
 - Hip Flexion
 - Hip Extension
 - Hip Internal/External Rotation
 - Hip Adduction/Abduction
- Not only is flexibility needed, but control of that range of motion.

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Glute Training Progression

- Start with hip flexor stretching to allow great glute activation.
- Activate the glutes with isolation and isometrics
- Progress to compound exercise training for hypertrophy, strength, and power.
- Train the glute muscles from different angles and positions.



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Restoring Hip Flexor Mobility



- For the glutes to function properly we must restore adequate hip movement.

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Half-Kneeling Hip Flexor Stretch



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Half-Kneeling Hip Flexor Stretch with Reach and Rotation



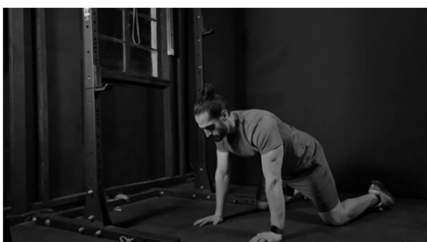
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Stride Stretch



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Quadruped Rock-Back



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Band-assisted Prone Hip Flexor Stretch



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Hip Rotation with Activation



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90/90 Hip Activation



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Hip Functional Anatomy Review

- After 30 degrees of hip flexion, the glute medius & minimus are not able to abduct the hip: the tensor fasciae latae takes over



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Hip Abduction Variations



With Flexed Hip: Tensor Fascia Latae



With Neutral Hip: Gluteals

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Targeted Hip Abduction: Side Lying Leg Raise



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Targeted Hip Abduction: Mini-Bands



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Targeted Hip Abduction: Stability Ball



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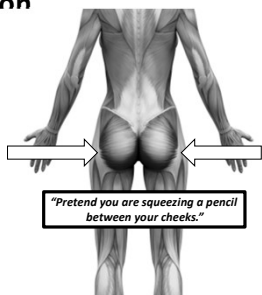
Targeted Hip Abduction: Mini Band Walks



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Gluteus Maximus Activation

- Once mobility has been improved, we help the individual better become aware of the muscles.
- Start with simple glute squeezing drills ("Squeeze a pencil between your cheeks") so they understand the area of focus.
- Progress to higher level activation drills.



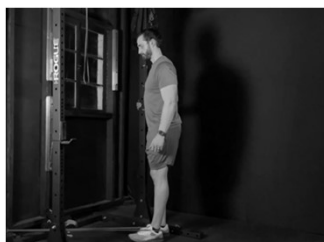
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Birdog



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Standing Glute Kick Backs



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Bridge



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Banded Bridge



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Single-leg Bridge



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Bridge Hold With Band Chop



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Resisted Quadruped Hip Extension



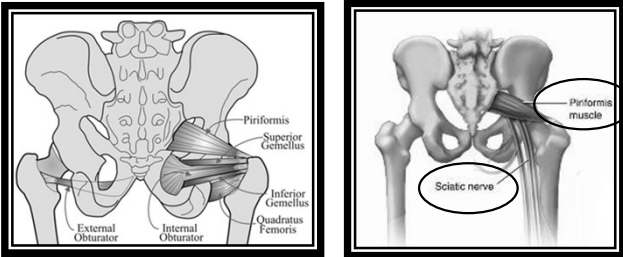
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Tall-Kneeling Band Resisted Hip Extension



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The Hip External Rotators



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Hip Anatomy Review



- At 90 degrees of hip flexion, the piriformis becomes an internal hip rotator; when the hip is neutral it is an external rotator.

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Piriformis Stretch: Seated Figure-4



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Piriformis Stretch: Lying Figure-4



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Piriformis Stretch: Posterior Capsule Stretch



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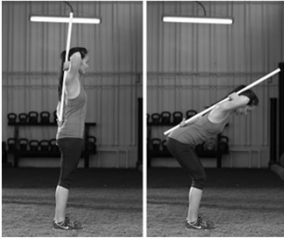
Clamshells vs. Abduction Exercise

They are not the same....



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Hip Hinge



• Key to Execution

- Control the movement with a posterior hip shift
- Not flexion of the trunk

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Short Stop Position



- Start standing tall with hands on thighs.
- Slide your hands down your thighs pushing your hips back until your hands are just above your knees.
- Push your hands down into your thighs engaging your lats to create an anti-shrug position.

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The Wall Kiss



- Start a few inches away from the wall.
- Reach the hips back until the glutes tap the wall.
- Adjust feet as needed.
- Use dowel to maintain neutral spine.
- Check that tibia is vertical and hips are below shoulders.

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Lat Engagement Hip Hinge



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Band Romanian Deadlift



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Deadlift

- **Deadlift: Not a Squat**
- Movement is primarily controlled with posterior chain
 - Gluteals, Hamstrings, Erector Spinae
- Most movement is at hips, not the knees
- Hips should stay higher than knees
- Trunk will be more flexed



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Kettlebell Deadlift



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Band Deadlift



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Conventional Barbell Deadlift



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Staggered Stance Deadlift



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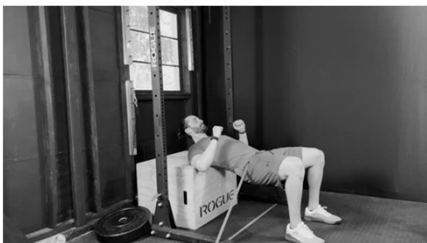
Hip Thrust

- One of the best compound exercises to target the Glutes
- Can modify stance to target Gluteal fibers



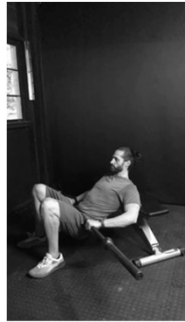
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Band Hip Thrust



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Barbell Hip Thrust



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Landmine Single-Leg Hip Thrust



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The Squat



- The squat is the most functional pattern, engaging both Glutes and Quads
- How you perform will determine degree of muscle fiber recruitment
 - Influenced by:
 - Load placement
 - Depth

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Heel Lift Squat



- Adding a heel lift can help the individual learn to squat deeper, further recruiting the glutes.
- The heel lift helps the client with a better posterior weight shift.
- The goal is to reteach the squat versus loading the pattern.

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Mini Band Squat



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Front Loaded Squats



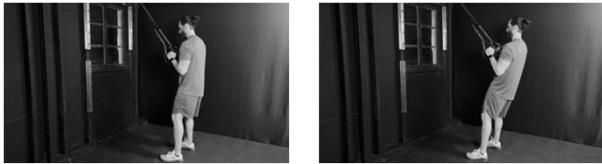
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Band Front Loaded Squats



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Suspension Training Squat



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Deep Barbell High Bar Squat



- Depth allows greater activation of Glutes

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Barbell Low Bar Squat



- Focuses more posterior chain due to load placement and trunk angle

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Staggered Stance Squats



- Progressing to single leg squats can be challenging.
- Going from straight to single leg squat might be too much to handle.
- A staggered stance squats is a small progression the client may be able to handle better.

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Single-leg Variations

- Single-leg movements significantly recruit Gluteus Medius, as it is required to stabilize the hip
- Progress to single-leg movements to challenge both Gluteal muscle activation and stabilization



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Single-Leg Variations: Lunges



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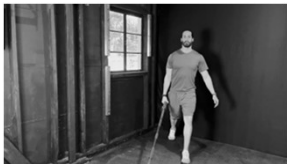
Single-Leg Variations: Lunges



- Elevated Lunge allows for greater depth and ROM

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Single-Leg Variations: Lunges



- Contralateral Lunge targets opposite Gluteus Medius to greater extent

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Single-leg Romanian Deadlift



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Single-Leg Variations: Step-Ups



- Greater ROM will target Gluteus Maximus

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Single-Leg Variations: Step-Ups



- Front Rack Contralateral Step-Ups targets Gluteus Medius for stability

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Single-leg Squats: Star Excursion

- Single leg squats activate the glutes better than double leg squats.
- Require stability in the frontal plane.
- Begin with star excursion exercises.



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Single-leg Squats: Suspension Training Single-leg Squat

- Allows for assisted depth with single-leg



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Single-leg Squats: Pistol Squat

- Significant stability, control, strength, and ROM required to execute



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Summary

- The Gluteals are essential to efficient movement, contributing to strength, control, and stability
- Start with improving mobility, activation, and controlled movement
- Proper technique is essential to ensure Gluteal activation
- Regress or progress based on training status, exercise, and goal.



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The End