

Gluteus Medius Lift

Type: Strength

Muscle(s) Worked: Gluteus medius

Equipment Needed: Light hand weights

INSTRUCTIONS:

1. Stand up straight and hold onto something at hip height
2. While keeping your body straight, lift your right hip straight back at a 45 degree angle as far as you can lift it without your body moving (hip only)
3. Repeat for the number of repetitions and sets prescribed by your therapist.
4. While keeping your body straight, lift your left hip straight back at a 45 degree as far as you can lift it without your body moving (hip only)
5. Repeat for the number of repetitions and sets prescribed by your therapist.

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