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| **Exercise of the Week**  **Week Six: Glut Max Activation Exercise** |

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| When the Illiopsoas is tight and overactive the opposing muscle (the Gluteus Maximus) is weak and underactive which is one of the major causes of low back and/or hip pain. By doing this week's exercise of the week after stretching your Illiopsoas muscle  (**the standing Illiopsoas stretch**), you can decrease your chances of experiencing low back and/or hip pain by increasing the muscle balance between you Illiopsoas and Gluteus Maximus muscles. |

**Starting Position**



                          1. Stand holding the back of a chair.

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2. Gently pull your navel in and contract the muscles of the buttock

and thigh of the stance leg. Maintain these contractions through

out the movement

**Movement**



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1. While keeping your back straight, extend your leg backward as

far as you comfortably can to a count of one second.

  2. Hold for two seconds.

  3. Slowly return to the starting position to a count of four seconds.

                            4. Repetitions: Work up to two seconds of 10 15 repetitions.

**Here is a youtube instructional video for the Extending Hip exercise**

<https://www.youtube.com/watch?v=6PvIZIIg_Ng>