



Robyn Dey RMT
Massage Therapy

Gluteus Medius Stretch

Lie down on your back with your legs straight and your back in neutral position (slightly arched). Lift the stretch leg toward the opposite shoulder, bending at the knee. Grab the stretch shin with the opposite hand and pull lightly to the opposite shoulder to gently rotate the stretch leg. You should feel the stretch in your stretch buttock.

