



Robyn Dey RMT
Massage Therapy

Gluteus Medius and Minimus Strengthen: Clam Exercise

Lie on your side with your hips flexed slightly and your head supported. While keeping your heels together, lift the top knee away from the bottom knee.

- Progress difficulty by adding resistance by tying an elastic band round the thighs or by placing a cuff weight around the thigh just above the knee





Robyn Dey RMT
Massage Therapy

Gluteus Medius and Minimus Strengthen: Monster Walks

Start in a squat position with a band around your ankles. Keeping the band taut at all times, step to the side. Push the knees out while taking the steps so they don't cave in. Each step is about 50% of the starting position stance. Progress to diagonal walking forward and backward.

