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LIMITLESS

GLUTES: CONCEPTS, CONTROVERSIES, & A CORRECTIVE EXERCISE APPROACH


PRESENTED BY
DR. EVAN OSAR

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OBJECTIVE: PURPOSEFUL





Discuss function of the gluteal complex



Demonstrate common causes and uncommon solutions



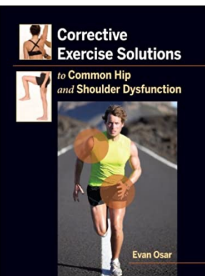
Develop exercise progressions

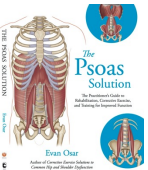



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THE HIP COMPLEX

- THE CYLINDER
- THE PELVIS
- THE FEMUR

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GLUTEUS MAXIMUS

- Attachments
 - Iliac crest
 - Sacrum
 - Coccyx
 - Fascia of gluteus medius
 - Thoracolumbar fascia

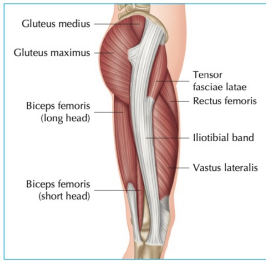
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GLUTEUS MAXIMUS

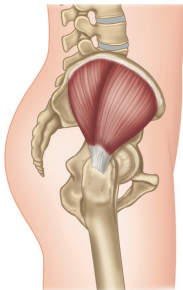


- Distal
- Gluteal tuberosity (deeper fibers)
- Gerdy's tubercle via ITB (superficial fibers)



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GLUTEUS MEDIUS



- Pelvis
- ilium
- Femur
- greater trochanter
- Function
- Abduction and rotation



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GLUTEUS MINIMUS




- Pelvis
- ilium
- Femur
- greater trochanter
- Function
- Stabilization



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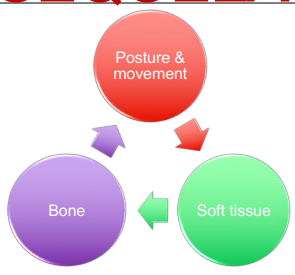

COLLECTIVE FUNCTION OF GLUTES

- Stabilize
- Hip extension / abduction
- Rotation



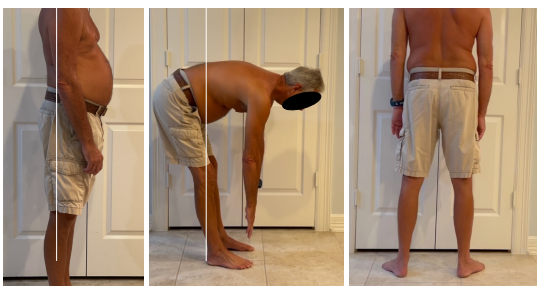
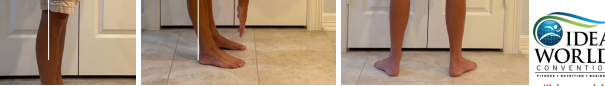
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SEQUELA

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POSTURE & MOVEMENT CHANGES

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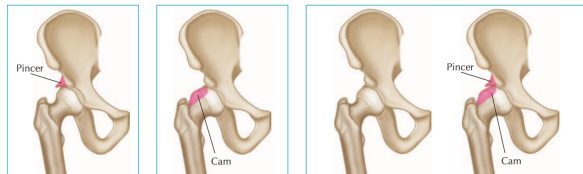
SOFT TISSUE CHANGES

- Soft tissue
- Muscles & fascia / ligaments / joint capsules
- Cartilage
- Labrum



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BONY CHANGES



FAI – Femoroacetabular Impingement



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LONG TERM CHANGES



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SIGNS OF SUBOPTIMAL FUNCTION



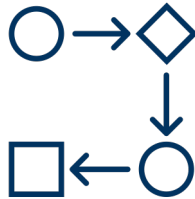
- ✓ Postural control issues
- ✓ Chronic tightness
- ✓ Chronic LBP
- ✓ Chronic knee pain
- ✓ Balance and walking issues
- ✓ Urinary Incontinence



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THE SOLUTION

- TRUST THE PROCESS!



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IMPROVING GLUTE FUNCTION



- 3 KEYS

1. STOP _____



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IMPORTANT

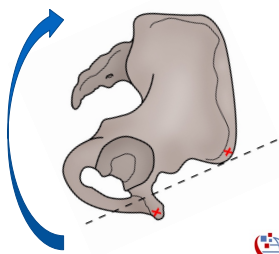
❖ Also avoid excessive pelvic translation!

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IMPROVING GLUTE FUNCTION



3 KEYS


- 2. Train APR!

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IMPROVING GLUTE FUNCTION



3 KEYS

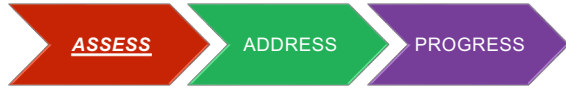
- 3. Use the most appropriate progressions.

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THE PROCESS



PURPOSE



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QUICK ASSESSMENT



- NOTE:
 - ✓ POSTURE
 - ✓ RANGE OF MOTION
 - ✓ EASE & QUALITY OF MOTION



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THE PROCESS

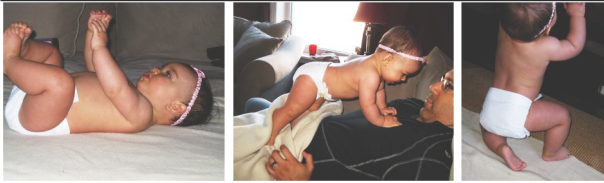


PURPOSE



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PRINCIPLES OF THE IMS



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PRINCIPLES



Align



Breath



Control



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CORRECTIVE EXERCISE STRATEGY

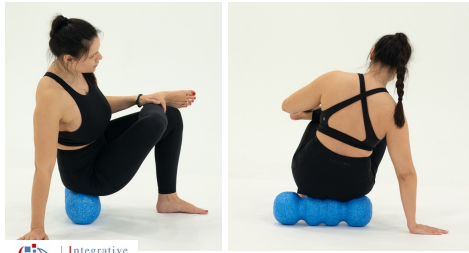


- IMS CORRECTIVE EXERCISE STRATEGY
 - RELEASE
 - ACTIVATE
 - EDUCATE (CUES)



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STEP 1: RELEASE AND LENGTHEN



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LENGTHEN



- Suboptimal (above)
- Optimal (right)

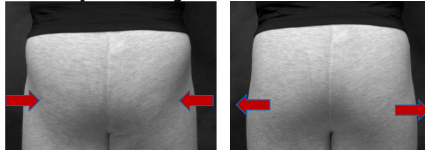


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CUES



- “Spread your sits bones.”



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STEP 2: ACTIVATE AND EDUCATE



- Happy Baby Breathing
- Purpose: Train alignment, breathing, and isometric control of hip abduction



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STEP 2: ACTIVATE AND EDUCATE



OPTIMAL

SUBOPTIMAL

- Split stance Hinge
- Purpose: Train alignment and eccentric control



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STEP 2: ACTIVATE AND EDUCATE



STEP OUTS
-OPTIMAL

SUBOPTIMAL

- Purpose: Train alignment and single leg control



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BIRD DOG



- What percentage of individuals do this well enough to include it as part of their program?



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BIRD DOG



- However, you can modify it...
- Maintain TPC
- Work within hip extension ROM!



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BRIDGING

- Give client range to work with!



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BRIDGING



- Preferred version but not for those with spinal issues, osteoporosis, or spinal surgery.



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BODYWEIGHT SQUAT



- Knees behind toes or not?



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BALL SQUAT PROGRESSION

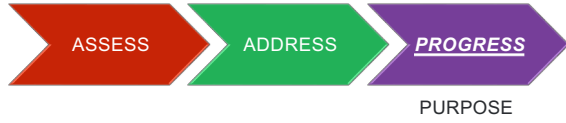


- Align the cylinder and hinge
- Squat (above)
- Split Squat (below)



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THE PROCESS



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STIFF LEGGED DEADLIFT



- Maintain TPC
- Hip hinge
- Drive up, not forward!



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SPLIT SQUATS vs. LUNGES



- Reverse
- Forward
- Walking



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TRADITIONAL DEADLIFT

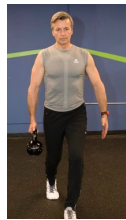


- Traditional version
- Maintain TPC
- Work within one's ROM



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SLED WORK & CARRIES



- Benefits
 - Sled
 - Hip extension and core
 - Carries
 - Balance and walking
 - Grip and shoulder stability



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TRAIN CONTROL OF ROTATION

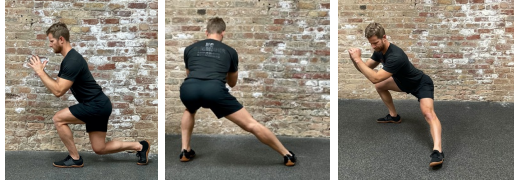


- Single leg / split stance / unilateral loading



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TRAIN IN MULTIPLE PLANES



- Challenge individual appropriately
- Align TPC
- Hip hinge



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UNLESS YOU TRAIN THEM...



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#1 MOST IMPORTANT TAKE HOME STOP GRIPPING!



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CONCLUSION



- ✓ PROBLEMS
- ✓ PROCESS
- ✓ PROGRESSIONS



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