

Do's & Dont's

- Avoid being seated for too long. If possible, get up every 15 or 20 minutes, stretch & walk around.
- Use a donut around the muscular tender point found with your physician, not the referred pain area (tailbone).
- Do not wear a wallet or carry things in your back pocket/s that may alter the way you sit.
- Avoid hiking up hills & stairs, if possible. If those activities are mandatory, then try to keep a good upright posture throughout.
- Use a pillow or other support (books or magazines) to balance a pelvis that is smaller on one side.
- If your physician has determined that you have a leg length difference on one side, then you should use a heel lift anytime you are up & about.

Sleeping

- If you sleep on your side, then sleeping with a pillow between your legs may be helpful.
- If you sleep on your back, then sleeping with a pillow beneath your knees may be helpful.
- Beds that are too soft & sag need a mattress board or need to be replaced.

Gluteus & Butt Relaxation



Lay down upon your stomach. Place a hand under either buttocks and exert a pressure upon your cheeks. Squeeze your cheeks together with your buttocks muscles and tighten your sphincter for 20 seconds. After the 20 second contraction relax you buttocks muscles. Repeat this exercise 3 times and then 3 times a day.

Laying Stretch



Lay down upon the floor or you bed with your head supported by a pillow. Bring one knee towards your head & clasp your hands together behind your leg. Pull your knee as close as you can to your chest & maintain this position. Inhale deeply & then, while exhaling, push your thigh into your hands until you are completely out of air. When you have blown all of your air out, stop pushing & see if you can pull your knee closer to your chest. Repeat this exercise 3 times & then do the same stretch on the other side. Repeat this exercise 3-5 times a day.

Seated Stretch



Sit down upon the floor or you bed & try to reach your hands as far down your legs as you possibly can. It is great if you can touch your toes, but it is not mandatory. Inhale deeply & then, while exhaling, push your heels into the floor & pull your torso towards your feet (figure A). When you have blown all of your air out, stop pushing & see if you can pull your torso closer to your knees. Repeat this exercise 3 times & then do the same stretch on the other side.

If you can touch your toes, then finish the exercise by grasping them. Inhale deeply & then, while exhaling, push your knees into the floor & push your toes into your fingers while you pull your torso towards your feet (figure B). Repeat this exercise 3-5 times a day.

Deep Pressure



Since sustained pressure on this muscle can actually cause it trouble, it is necessary to stretch the muscle immediately after the pressure to benefit from it. A small air-filled ball can be used to create the pressure. Varying amounts of air can be used depending on your sensitivity to a hard versus a softer ball. Roll around in either the sitting (figure A) or lying (figure B) positions to find tender points to dwell upon or to roll out, like you are rolling doe. This can be done until the points disappear or until you think you've had enough!

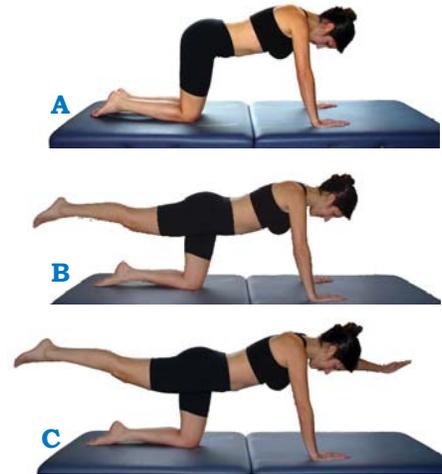
1. Start in the full folded position with the weight of your head stretching your spine (Figure A).
2. Try to straighten up starting from the base of your spine & working your way up 1 vertebra at a time (Figure B).
3. This is the transition position between the stretch of the back & the strengthening of the spine (Figure C).
4. Keep your back straight & neck back as you raise up upon your knees (Figure D).
5. Once you are fully straight at the hips, back & neck raise your arms straight in front of you (Figure E).

Return to the start position by reversing the steps & repeat for 5-10 repetitions of this stretch & strengthening exercise. End in the stretched position and take 20 deep breaths in & out of your nose. Do this stretching & strengthening exercise 2-3 times a day.



Stretch the Back & Strengthen the Gluteus

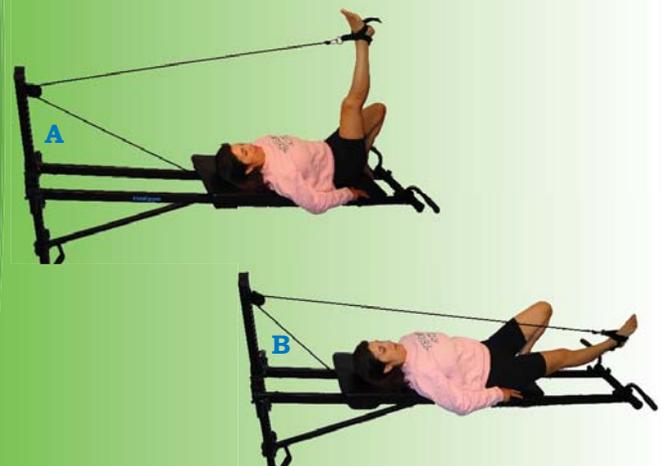
4-Point Leg Lifts



Start on all fours, making sure that your back & neck are both straight, figure A. While fully exhaling through your nose, lift & extend one leg straight out, figure B. Upon inhaling fully, bring your leg back to the starting position. Perform this exercise 8-12 times on each side and repeat it 2-3 times each day.

Once you've mastered the above, lift your opposite arm straight out while you extend your leg, figure C. Remember to keep your back & neck straight throughout this exercise.

1. Start lying on your back with your heel in a stirrup & your leg flexed with your knee slightly bent, figure A.
2. Bring your leg straight down, maintaining the slight flexion in your knee, figure B.
3. Return to the start position & repeat 8-14 times. Then, do the other side.
4. You may repeat this for 1-3 sets of 8-14 repetitions.



Strengthening Using a Machine

Last Word

Probably the best exercise for this muscle is walking. Make sure that you maintain a good posture while walking and that your hip is able to fully extend when your toe leaves the ground. You should feel your gluteus maximus contract when you are in this fully extended position. If you don't feel it, then stretching the hip flexors are a must as well as the gluteus maximus.