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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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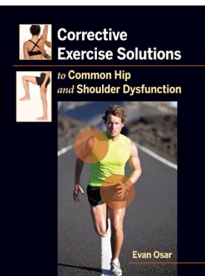
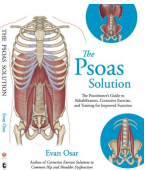
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**THE HIP COMPLEX**

- THE CYLINDER
- THE PELVIS
- THE FEMUR

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5

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**GLUTEUS MAXIMUS**

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

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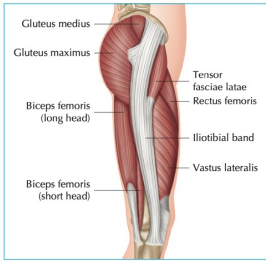
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# GLUTEUS MAXIMUS



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



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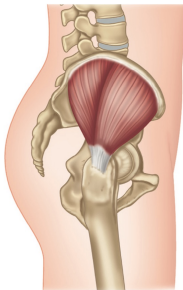
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# GLUTEUS MEDIUS



- 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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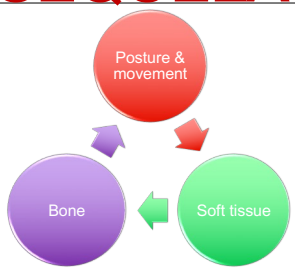

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# SEQUELA

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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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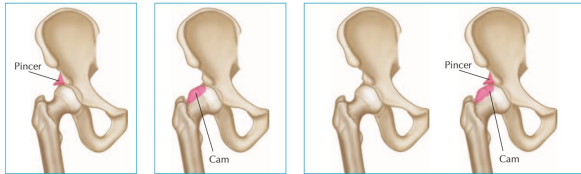
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## BONY CHANGES



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



16

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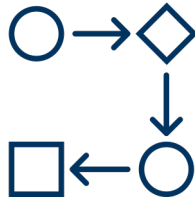
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## THE SOLUTION

- TRUST THE PROCESS!



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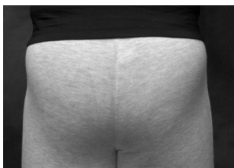
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## IMPROVING GLUTE FUNCTION



- 3 KEYS

1. STOP \_\_\_\_\_



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**IMPORTANT**

- ❖ Also avoid excessive pelvic translation!

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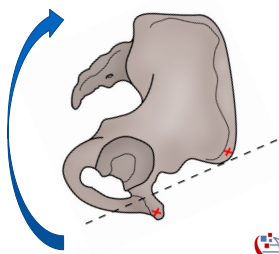
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**IMPROVING GLUTE FUNCTION**



3 KEYS

- 2. Train APR!

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**IMPROVING GLUTE FUNCTION**



3 KEYS

- 3. Use the most appropriate progressions.

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21

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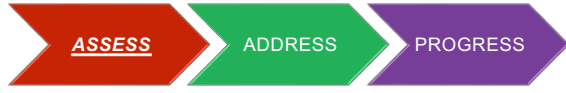
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## THE PROCESS



PURPOSE



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## QUICK ASSESSMENT



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



23

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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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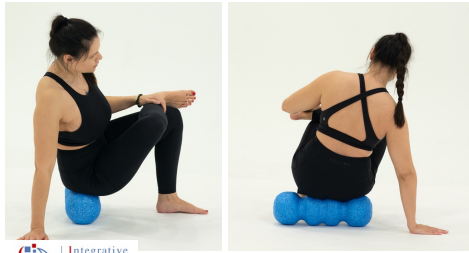
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## STEP 1: RELEASE AND LENGTHEN



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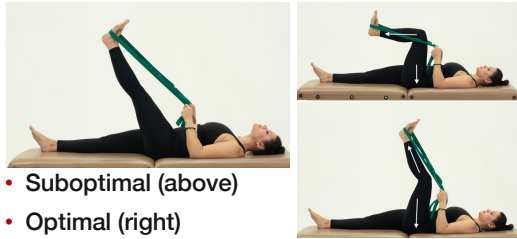
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## LENGTHEN



- Suboptimal (above)
- Optimal (right)



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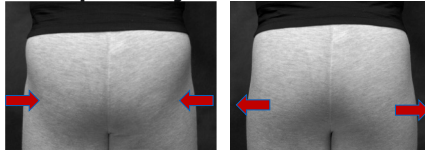
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## CUES



- “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



32

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## STEP 2: ACTIVATE AND EDUCATE



STEP OUTS  
-OPTIMAL

SUBOPTIMAL

- Purpose: Train alignment and single leg control



33

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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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34

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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)



39

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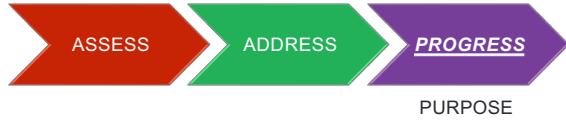
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## THE PROCESS



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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



42

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## TRADITIONAL DEADLIFT



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



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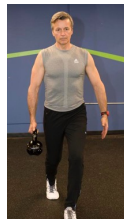
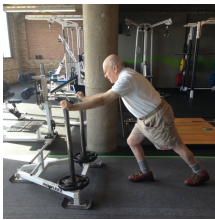
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## SLED WORK & CARRIES



- 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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