

Using Gluteal Muscles to Minimize Stress on Your Back and Knees

Efficient movement is not only important for athletes. Anyone who wishes to minimize stress on their back and knees must learn to move with efficiency.

The **inefficient** way to walk, stand and bend is to use your back and knee muscles. The **efficient** (correct) way to do these activities is to use the largest muscle of your body, the gluteus maximus.

Abdominal Brace

The abdominal brace is the cornerstone of efficient movement. This maneuver teaches you to fire or contract your gluteus maximus and lower abdominal muscles. Continue to practice it on a daily basis.

Standing from a Sitting Position

Scoot forward in your chair and spread your feet a little wider than normal. Slightly extend your spine and squeeze your gluteal muscles together. Press your heels into the ground. Concentrate on using your gluteal muscles to stabilize and extend your back as you stand upright.

Walking

Your gluteal muscles are designed to propel you forward as you walk. This is accomplished by contracting the muscle as your foot strikes the ground. As you step forward with your right foot, contract your right gluteal muscle. This will pull your right leg back, propelling you forward. Repeat this as you stride forward with your left foot.

Walking Up Steps

Utilize the same process as in walking. Lift your right leg to the next step up. Contract your right gluteus maximus muscle pushing your right foot down. This will lift your body up to the level of the step. Repeat this process with your left foot on the next step up.

Presented by:
Chiropractic Health Center, Inc.
8630 Quivira
Lenexa, KS 66215
(913) 227-0056
www.chirohealthcenters.com