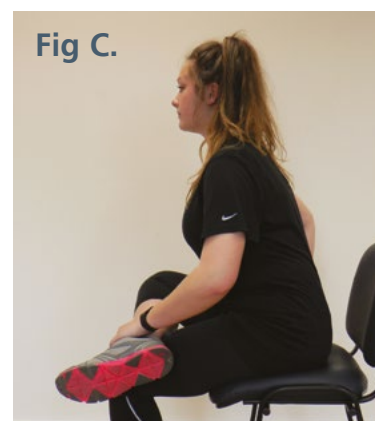
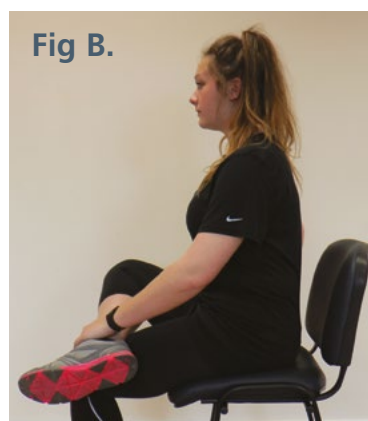


Gluteal stretch – in sitting

Warning: Do not do this exercise if you have had a hip replacement.



Sit safely towards the edge of a seat.

Lift the ankle of the affected leg on to the opposite knee and secure it with your hand (Fig A and Fig B).

Sit upright and tilt the top of the pelvis forward bending at the hip until you feel a pull in the buttock (Fig C).

Hold the stretch and repeat as advised by your physiotherapist.

For a video demonstration of this exercise please click [VIDEO LINK](#)



Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan.

NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.

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