

Glute Release with Therapy Ball or Foam Roller

Here you will see the exercise completed with a therapy ball (pic 1) and other variations with a travel roller (pic 2 & 3). Both are a great tools used to release muscle tightness, correct muscle imbalances and improve posture. Proper pelvis biomechanics and your glutes firing correctly plays a large role in how your body distributes it's weight into your lower extremities. Remember, release muscles and don't spend much time on joints or bony areas.

Picture 1 *my fav!

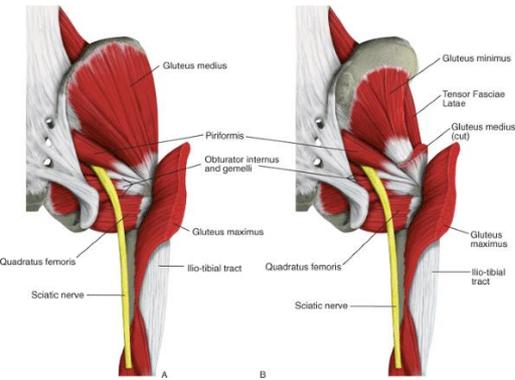
- Stand with your side to the wall.
- Place the therapy ball on the bulk of muscles on the side of your butt, gluteus minimus and gluteus medius. *see image. They aren't your big butt muscles, they are your little butt muscles. You know, where your butt dimple should be ☺.
- Stand with feet hip width apart, knees bent and push into the wall. Roll slowly.
- When you reach a tender spot, bend your knees and work it out for 10-15 seconds. Then release and move the ball to a new spot. You should find 3 main spots.

Picture 2 *a variation of pic 1

- Place the travel roller on the ground. Lay on your side, supported by your arms and your top leg. The travel roller will be beneath you.
- Position the roller between your hip and the top of your pelvis. Make a couple of sweeps from top to bottom to become familiar with the area. It's not very big, only 2-3 inches. It's the same area you rolled with picture 1.
- To release simply find a tender spot and roll back and forth for 10-15 seconds. Then find another.

Picture 3

- Much like picture 2 in that you are on your side, but this time create a figure 4 with your bottom leg. This is a stretch for the piriformis muscle.
- To release simply place the area you are stretching on the foam roller. You will find a tender spot. Roll back and forth for 10-15 seconds. Then find another.
- The piriformis muscle and the sciatic nerve have an intimate connection. If you experience any nerve pain get off that area! That isn't a spot you should be rolling.



Picture 1



Picture 2



Picture 3