

# Stretches to loosen tight buttock muscles

## Women's Health Physiotherapy

Information for Patients

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Please speak to your physiotherapist before starting these exercises.

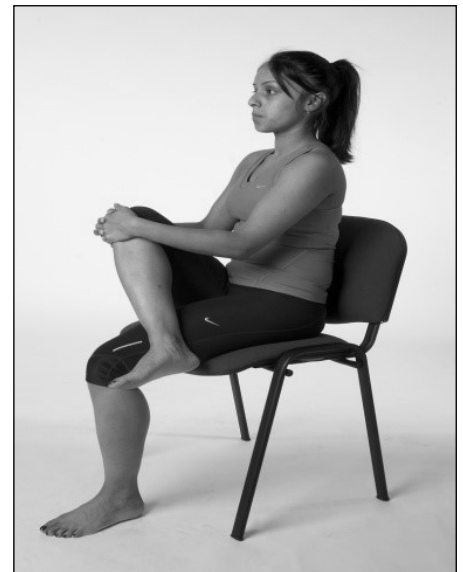
### Buttock stretch

#### While sitting:

- Cross your heel over your knee, lean forwards slightly from the hips.
- To increase this stretch, lean further forward, or rest your foot on a low stool.

You should feel a stretch deep inside your buttock. Hold for 20 to 30 seconds.

**Stop if you feel pain.**



#### While lying or semi-reclined:

**Note: Do not do this stretch if you are pregnant.**

- Bring one knee towards your chest, cross the opposite heel over the knee.
- Increase the stretch by pulling your thigh towards your body.
- Increase the stretch by pushing the bent knee away from you.

Hold for 20 to 30 seconds.

**Stop if you feel pain.**



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## Knee hugs

Sit, or lie semi-reclined.

Put your hands around the back of your thigh and pull your knee towards your chest. You should feel a stretch down the back of your bottom.

Hold for 20 to 30 seconds.

**Stop if you feel pain.**



## Gluteal stretch

Sit with your legs straight out in front. Bend your knee.

- Place your heel on the inside of the straight knee, and pull the bent knee across your body. You should feel a stretch on the outside of your bottom/ hip.
- To increase this stretch, place the foot of the bent knee on the outside of the opposite knee, and hug your bent knee across.

Hold for 20 to 30 seconds. **Stop if you feel pain.**

a)



b)



## Contact details

Department of Womens Health Physiotherapy - 0116 258 4073 or 0116 258 5816.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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