

HIP EXERCISES

STRENGTHENING EXERCISES FOR THE GLUTEUS MEDIUS WITHOUT OVERACTIVATION OF THE TENSOR FASCIAE LATAE

CLAMSHELL EXERCISE



Lie on your side with your legs bent at 90 degrees and feet together. Keep the feet touching and open the top knee upward, like a clamshell. Lower slowly back down. Repeat several times and switch sides. If slight external hip rotation is maintained, TFL involvement is minimal.

Perform:

- 10 repetitions.
- 3 sets.

Goals:

- Activate and strengthen gluteus medius and minimus with minimal TFL activation.
- Improve hip stability.
- Prevent hip and knee injuries.
- Correct muscular imbalances.
- Improve alignment and posture while walking or running.

CLAMSHELLS WITH LEG EXTENSION



This is an advanced variation of the basic clamshell exercise. Lie on your side with legs bent at 90 degrees and feet together. Keep your head supported and engage your core. First, open the top knee while keeping the feet together, as in a clamshell. Then, extend the top leg outward until aligned with the hip. Return by bending the leg and lowering the knee to the starting position. Repeat before switching sides.

Perform:

- 10 repetitions.
- 3 sets.

Goals:

- Excellent for isolating and strengthening gluteus medius and maximus.
- Improves control without involving the TFL if excessive hip flexion is avoided.
- Enhances hip stability.
- Prevents knee, hip, and lumbar injuries.
- Improves mechanics for walking, running, or jumping.

BRIDGE EXERCISE



Lie on your back. Arms resting on the floor alongside the body. Knees bent with feet flat on the ground. Lift your hips upward until thighs align with the torso. Hold the position for 5 seconds. TFL is not activated if good alignment and gluteal contraction are maintained.

Perform:

- 10 repetitions.
- 3 sets.

Goals:

- Strengthen the gluteal muscles, mainly gluteus maximus, with co-activation of the gluteus medius.
- Activate the hamstrings.

BRIDGE WITH LEG EXTENSION



Lie on your back. Arms resting on the floor alongside the body. Knees bent with feet flat on the ground. Inhale and exhale as you lift your pelvis to align the thighs with the torso. Lift one foot with the knee straight. Hold the position for 5 seconds. Return to the starting position and repeat with the other leg. Advanced variation that activates the gluteus medius as a stabilizer. TFL activation is avoided with proper pelvic control.

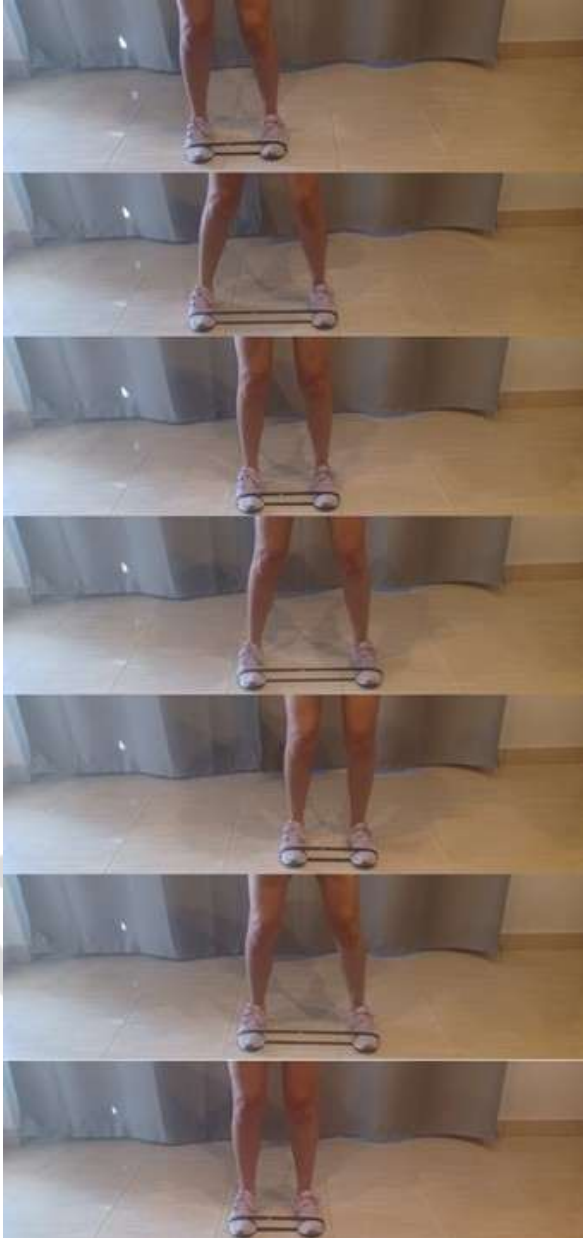
Perform:

- 10 repetitions.
- 1 set daily.

Goals:

- Strengthen the core, gluteus maximus and medius, and hamstrings.
- Improve spinal posture.
- Enhance pelvic stability.

LATERAL WALK WITH BAND ON FOREFOOT



Take lateral steps while maintaining resistance with a band placed around the front of the feet (forefoot). Perform with slight flexion in knees and hips, with a straight trunk and activated core, maintaining constant band tension during movement. Provides greater gluteus medius activation with less TFL involvement compared to more proximal band placements.

Perform:

- 20 to 30 seconds per set or 8 to 12 steps each direction.
- 2 to 3 sets daily.

Goals:

- Activate and strengthen the glutes, especially the gluteus medius.
- Prevent knee and lower back injuries.
- Improve hip and pelvic stability.

LATERAL STEP-DOWN EXERCISE



Step down to the side from an elevated surface (like a step or low box), controlling the motion without letting the heel touch the ground. Focuses primarily on one leg at a time, maintaining balance and alignment of the hip, knee, and ankle. Excellent for the gluteus medius. Minimal TFL activation with proper alignment.

Perform:

- 10 repetitions.
- 2 to 3 sets daily.

Goals:

- Strengthen quadriceps, gluteus medius, and maximus.
- Prevent knee and hip injuries.
- Improve balance and proprioception.
- Enhance unilateral control and stability.

LATERAL STEP-DOWN WITH SIDE REACH



Variation of the traditional step-down. Stand on an elevated surface with one leg, and as you lower the opposite leg toward the ground, reach to the side and touch the floor with your toe (side reach), without losing balance or misaligning the hip or knee. Strengthens the gluteus medius and hip stabilizers without increasing TFL activity if done correctly.

Perform:

- 10 repetitions.
- 2 to 3 sets daily.

Goals:

- Strengthen gluteus medius, quadriceps, and hip stabilizers.
- Improve balance and neuromuscular control.
- Increase stability of hip, knee, and ankle.

[Book an Appointment with Dr. Jordi Jiménez.](#) He will attend you at the Palma de Mallorca center and help you recover your quality of life.