

Exercise Prescription: Deep Gluteal Rotators

Purpose of Exercise:

This is a foam rolling technique to help reduce muscle tone and desensitize tender muscles in the gluteal region.

Starting Position:

Start by sitting on the roller, leaning towards the side you plan to work on. Cross your same side leg onto the opposite knee, balancing on the roller using your opposite leg and elbow. Allow yourself to relax on the roller until you have reached a desirable pressure.

Exercise Description:

Using your opposite leg and elbow, roll yourself back and forth across the roller, placing a strong but comfortable pressure through the desired region.

Pictures:

