

PREHAB / REHAB GLUTE ACTIVATION

PROGRAMME FOR
STUDENTS



GLUTE ACTIVATION: INTRODUCTION

This programme has been designed to provide you with the key exercises that will enhance and enable you to return to sport from a pre-existing injury by building strength and stability around the vulnerable joint. The programme will allow you to pro-actively reduce the likelihood of sustaining non-traumatic injury by increasing robustness and address deficits in your movement, strength and stability in line with the specific demands of your sport.

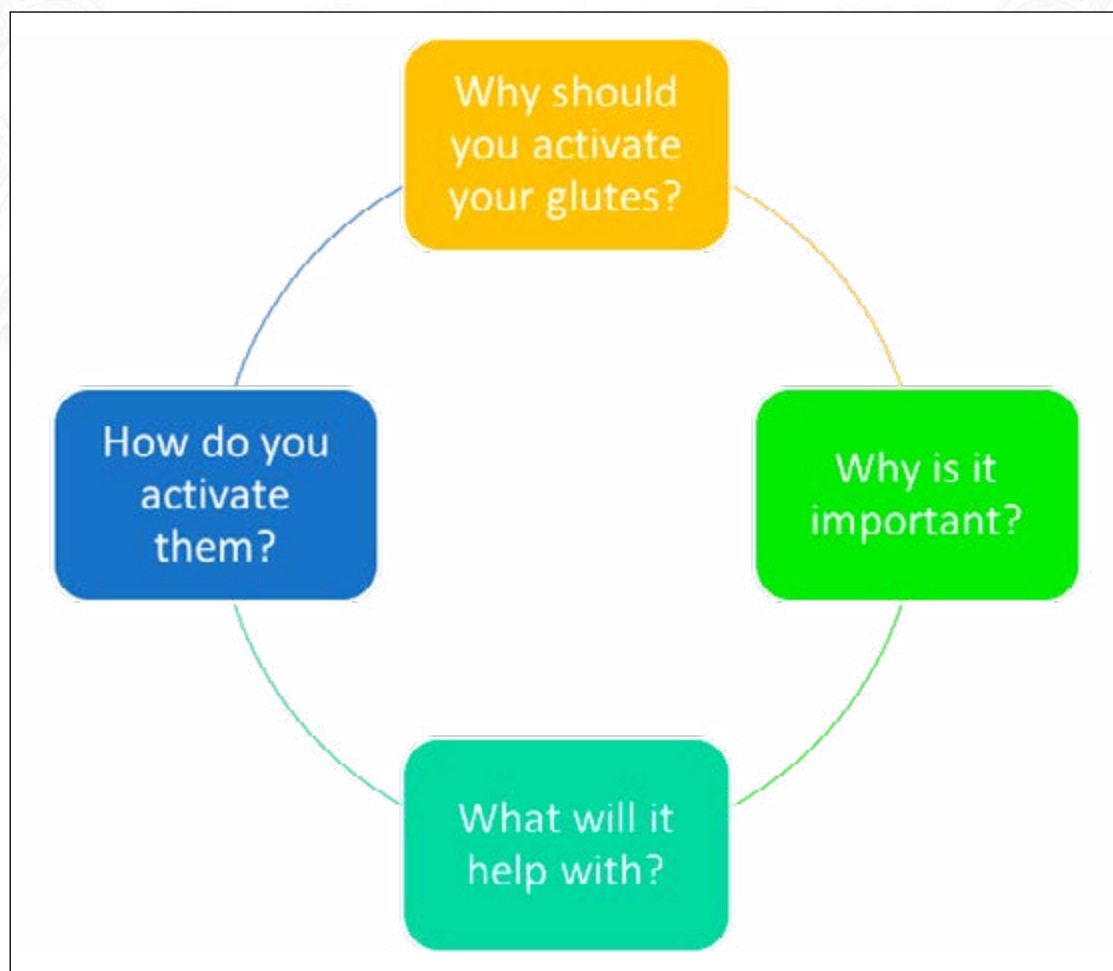
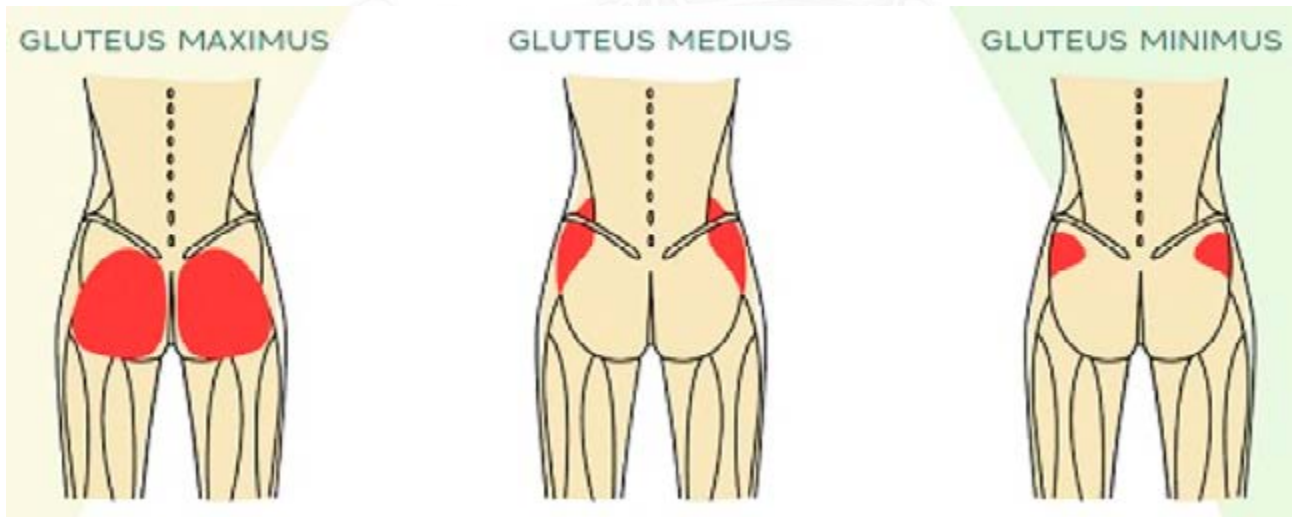
Alongside Mr Jones, Chris Lyttle is a fully qualified physiotherapist who has produced the Prehab and Rehab Programme. Chris provides a drop-in clinic at Gordon's School for those who need an injury assessment. Please contact Mr Jones if you feel that you need to see him. His contact details are below if you like to see him at his practice.

Chris Lyttle
Lead Physio at Weyside Physio
Chobham
07901568393

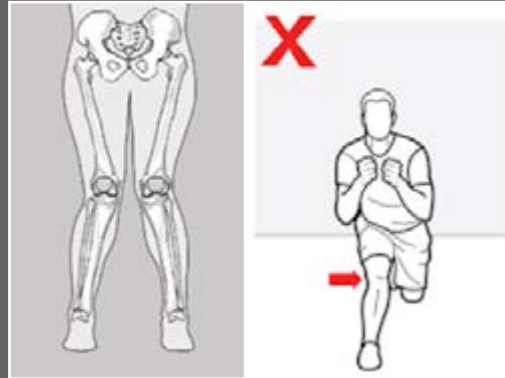
Ian Jones
Elite Performance Manager
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GLUTE ACTIVATION

Activating glutes is an integral part of any training session. Below is an image of the 3 types of glute muscles within the body and how we can get the most out of our training sessions.



RESEARCH HAS SHOWN THAT UNDERACTIVE GLUTES RESULT IN...



Valgus Knee



Hunchback



Lower Back Pain



Hip, Knee and Ankle Pain

VALGUS KNEE

A valgus knee is one of the most common faults when lifting in the gym, particularly if there is a substantial amount of weight. Technique must always come first or the risk of a serious injury increases. As shown, squats and deadlifts are the 2 most common where a valgus knee is demonstrated.

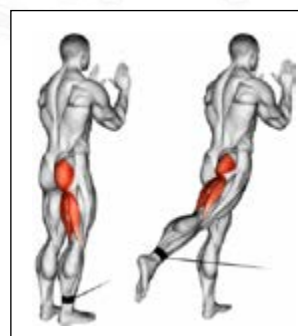
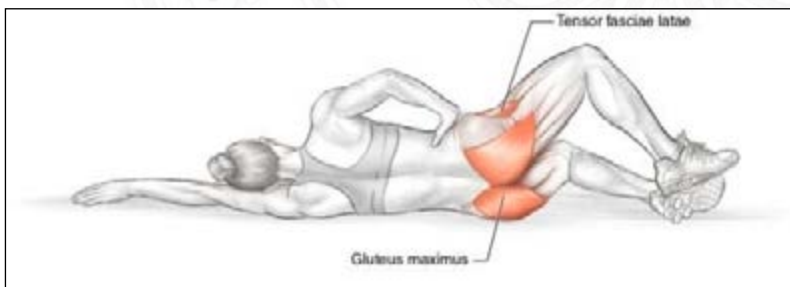
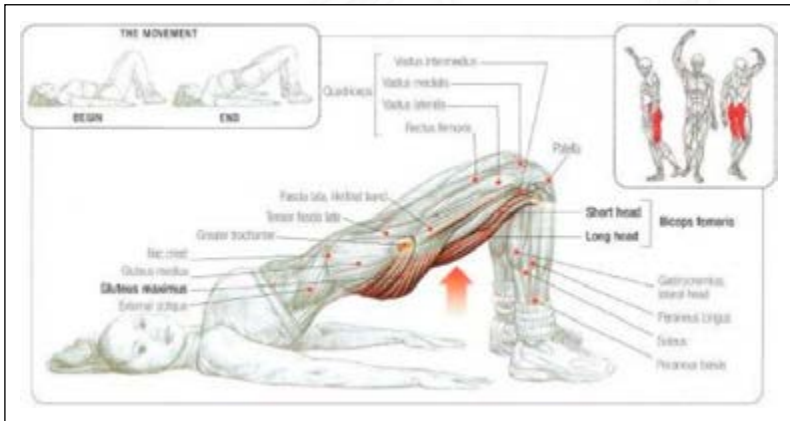


HOW TO OVERCOME VALGUS KNEE?



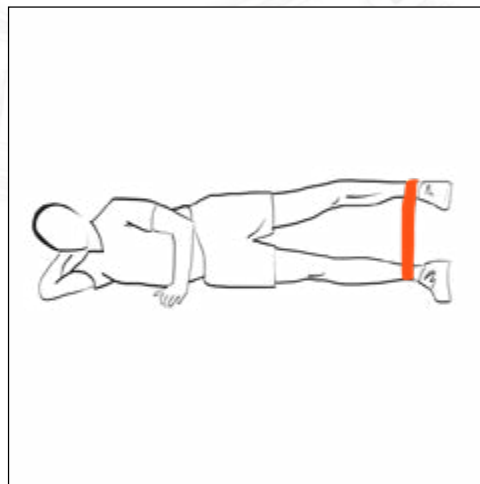
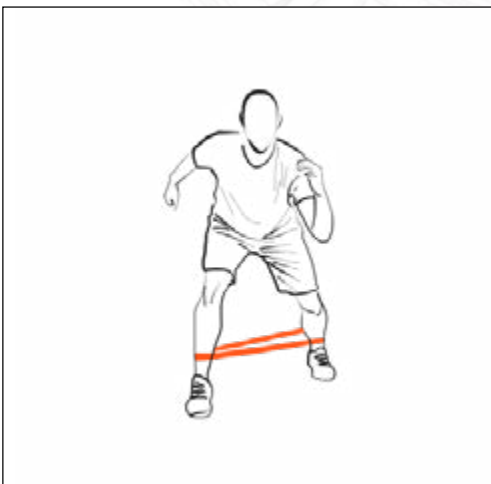
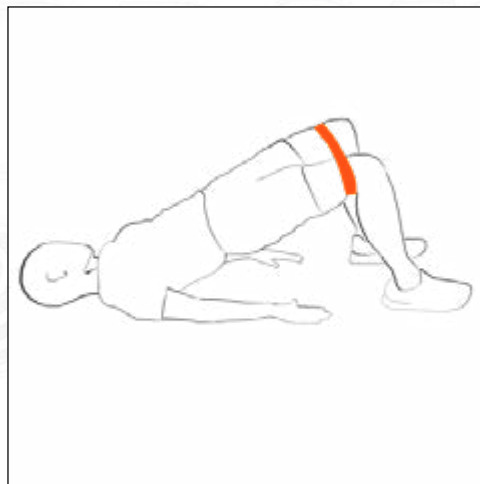
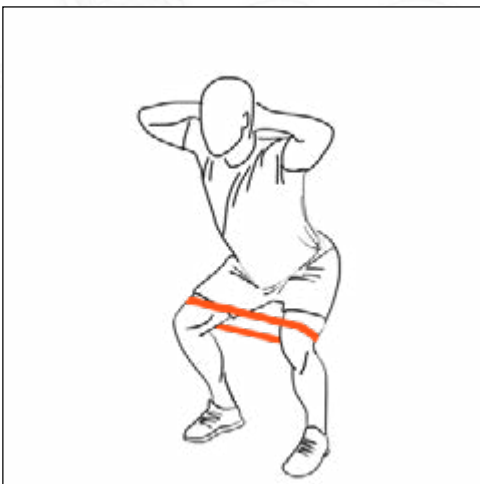
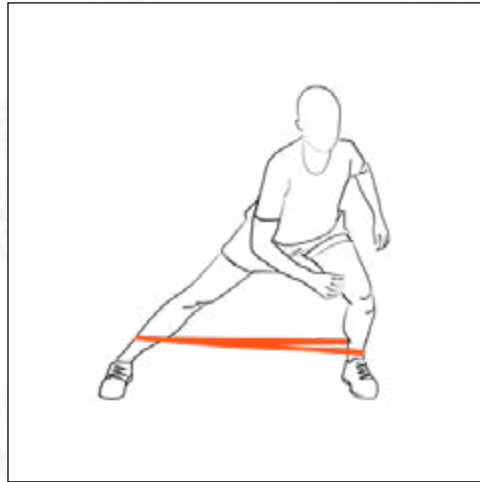
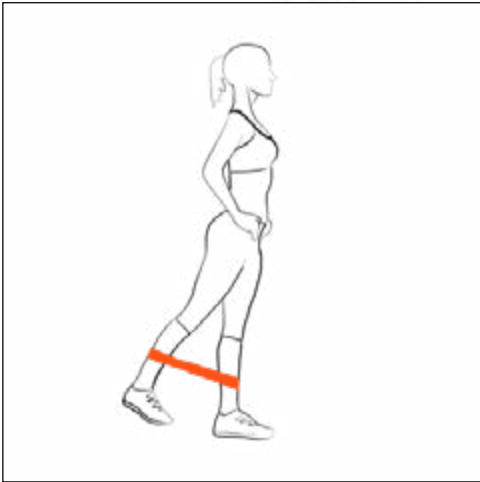
HOW TO ACTIVATE YOUR GLUTES

Should you continue to do these movements without correcting your technique, you are likely to experience the other pains shown above and potentially increase the risk of injury or permanent damage to your body.



HOW TO ACTIVATE YOUR GLUTES (CONT.)

There are multiple exercises on how activate your glutes, above are only some examples. Please remember that if you need more information on how to complete these exercises contact Mr Jones.





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