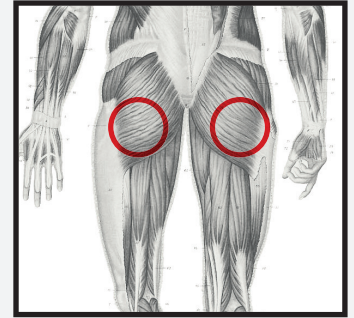
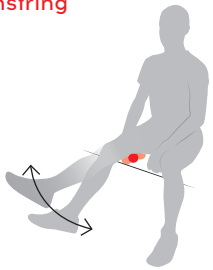


USE re+ TOOLS TO REDUCE YOUR BUTTOCK PAIN.

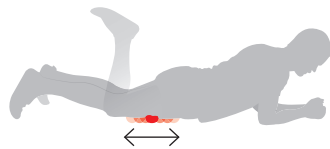


RELEASE TECHNIQUES

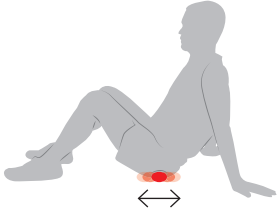
Hamstring roll



Quad roll



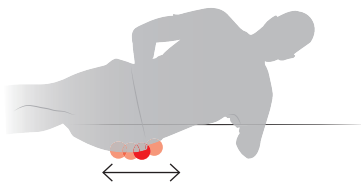
Glute/piriformis roll



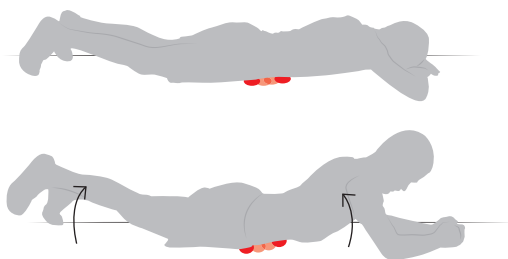
Spine roll



TFL/glut med/min

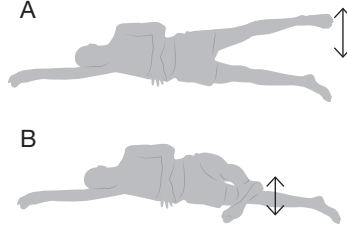


Psoas roll



STRENGTHEN TECHNIQUES

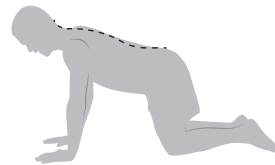
Wall glutes



Hip extensions



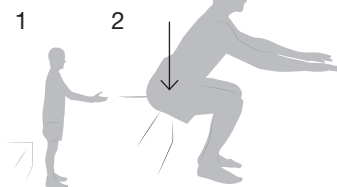
Four point kneeling



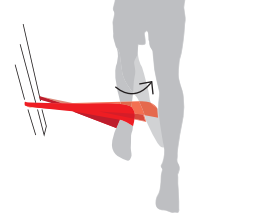
Box adductors



Box squats



QF wipes



Foot scrapes



Check out our website for detailed instructions and videos.
 This program is aimed to supplement the specific advice given to you by your experienced clinician.
 If pain increases with any activity, stop and see your professional!

USE rechargeclass AS PART OF YOUR RECOVERY.

We recommend these tools



DOUBLAR



SOLO



EAGLE



BIRDIE

Pain in the buttocks can occur in isolation or alongside low back or posterior thigh pain. It can stem from dysfunction of the local tissue or referred from other parts of our bodies such as our lumbar spine or sacroiliac joint. Common conditions include sacroiliac dysfunction and hamstring tendinopathy. Tight and tender muscles such as gluteus medius and piriformis can also create pain in this region. Pain in and around the buttock can be difficult to diagnosis correctly, so work with your health professional to ensure your diagnosis and treatment is appropriate and lasting. It's also important to rule out any more serious conditions.

Sacroiliac joint dysfunction

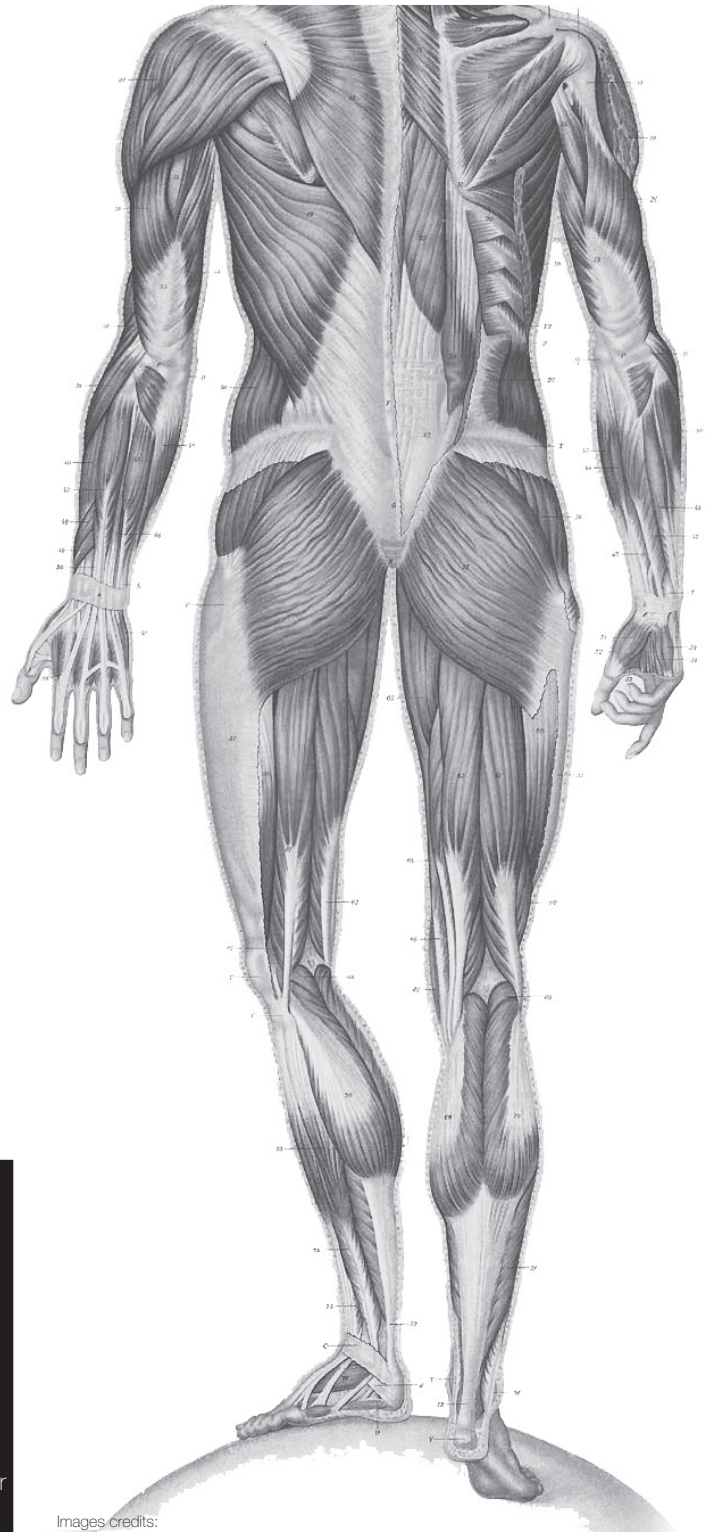
The sacroiliac joints allow only small amounts of movement, but these work as a stress-reliever for our more mobile joints such as the hip and spine. Dysfunction and stiffness here can contribute to pain felt in our lumbar spine, hamstring and groin.

Hamstring tendinopathy

Pain at the origin of the hamstring muscles (our 'sit bones') can be due to overuse of the hamstrings, or even inadequate treatment following a hamstring tear. Deep pressure directly on the sit bones can be helpful, however use pain as your guide: lighter pressure initially with deeper work as the inflammation subsides.

What relieves it?

Because of the complex nature of this pain, it is often appropriate to treat multiple areas including abdominals, lumbar and sacral spine, pelvis and hip. Address muscle imbalances in the area, such as hip extensors and flexors and hip internal and external rotators. Core stability training is also an important part of treating this area. Biomechanical issues such as foot pronation can also contribute to symptoms at the buttock and hip.



Images credits: Laskowski, S. 1894 Anatomie normale du corps humain

Release and Mobilise

These are passive changes applied to your tissue. That is, you apply a force to relaxed tissue and the tissue changes on its own. That change may be in relation to the length of the muscle, such as treating trigger points (**release**) or the movement of the joint (**mobilise**).

Activate and Strengthen

These are active changes applied to your tissue. That is, the muscle we want to change does all the work. We sometimes need to use a small and subtle contraction to 'wake up' the neural pathway to that muscle (**activate**) before we can adequately add more power (**strengthen**).