

Bed Exercise 6

Gluteal exercise

Difficulty level: easy

Benefits for example:

- maintains and improves strength and control around the hip
- improved strength of these muscles enables you to:
 - * stand up from a sitting position
 - * maintain an upright posture when standing
 - * walk
 - * climb stairs.

Instructions

Lying on the bed, squeeze your bottom cheeks together. Hold for 5 – 10 seconds and then relax.

Repeat _____ times, _____ times a day




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The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.