

# Buttocks Pain Relief Exercises



Scan this QR Code to access a detailed video that enhances the information in this handout. It includes step by step guidance and visual demonstrations for each exercise.

## What causes buttocks pain?

Buttock pain often results from myofascial trigger points, also known as muscle knots. These knots cause muscles to tighten, harden, and become painful. Factors contributing to their formation include injury, poor posture, repetitive movements, chronic tension, or even a poor night's sleep.

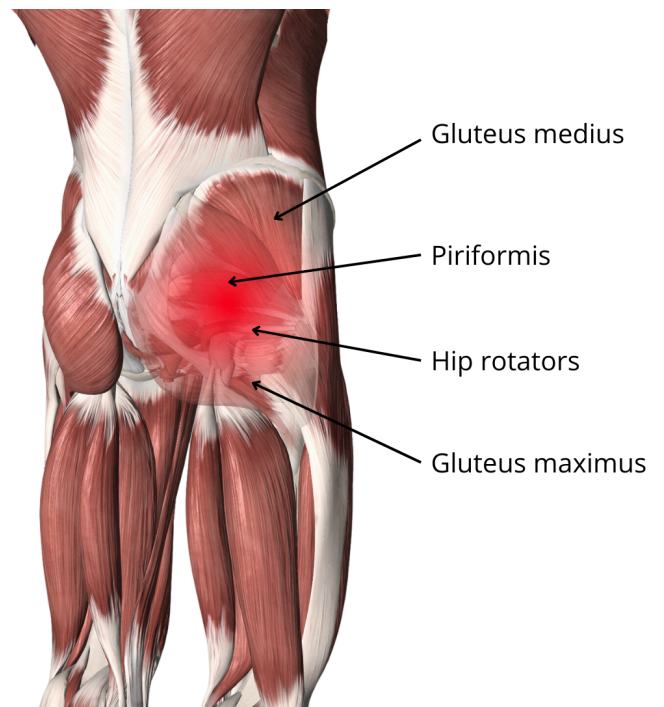
## How is it treated?

Treatment typically includes rest, physical therapy exercises to stretch and strengthen the glutes and surrounding muscles, and sometimes anti-inflammatory medications. In severe cases, injections may be considered, but conservative treatments are often effective.

## How to prevent buttocks pain?

Recovery time varies, but with consistent treatment, symptoms often improve within weeks. For some, a full return to normal activity may take 1-2 weeks to a few months, depending on severity and adherence to therapy.

Resuming sports or activities should be gradual and based on pain tolerance. Avoid symptom-triggering activities until well-managed. Begin with low-impact exercises and gradually increase intensity.

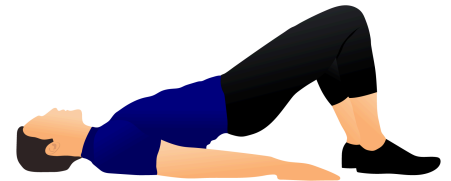


# Buttocks Pain Relief Exercises

Do the following exercises and stretches 1-2 times per day.

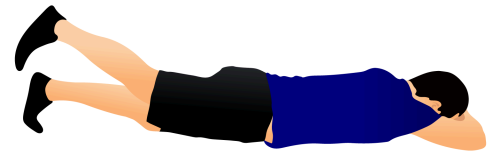
## Glute Hip Bridge

- Objective: strengthen the glutes for pelvic stability
- Lie down with your knees bent and feet flat. Keep your arms flat at your sides. Lift your hips, aiming to form a straight line from your shoulders to your knees. Squeeze your glutes and hold briefly at the top before gently lowering back down. To increase the challenge, wrap a resistance band around your waist.
- Perform 8 to 10 repetitions, slow and controlled.



## Prone Hip Extension

- Objective: strengthen gluteus maximus and hamstrings
- Lie face down with your legs straight behind you. Engage your core to help stabilize your pelvis and then squeeze your glutes and hamstring to lift the leg off the floor. Keep the leg straight and hold the movement at the top for a second. Then gently lower your leg back to the starting position.
- Perform 8 to 10 repetitions on each side, slow and controlled.



## Side Lying Hip Abduction

- Objective: strengthen gluteus medius and minimus to control hip movement
- Lie down on your side so that your body is in a straight line. Stack your legs and then lift your top leg upwards as high as comfortably possible without rotating your hips. Keep your toes pointed forward. Pause at the top of the movement and squeeze your glutes. Then slowly lower your leg back down and repeat.
- Perform 8 to 10 repetitions on each side, slow and controlled.



## Clamshells

- Objective: strengthen gluteus medius and minimus muscles for pelvic stability
- Lie on your side with your legs stacked on top of each other and your knees bent to a 45 degree angle. Keep your feet together and lift your top knee as high as comfortably possible. Hold the movement briefly at the top and then slowly lower back to the starting position.
- Perform 8 to 10 repetitions on each side, slow and controlled.



## Figure 4 Stretch

- Objective: stretch the piriformis and gluteal muscles
- While lying on your back, lift one foot and put the ankle over your other thigh, just above the knee, forming a figure 4 shape with your legs. Clasp your hands behind your thigh and gently pull it toward your chest. You should feel a stretch in your hip and in the glutes.
- Hold for 30 seconds on each side.



## Piriformis Stretch

- Objective: stretch the piriformis muscle
- Start by lying on your back and bend your knee towards your chest. Then gently guide the knee across your body towards the opposite shoulder. You should feel a stretch deep in the buttock area where the piriformis muscle is located.
- Hold for 30 seconds on each side.

